

Canadian Living

MAKE-AHEAD EASTER

GLAZED HAM, SALAD, SIDES
AND DESSERT YOU CAN PREP
3 DAYS IN ADVANCE

HOW TO
ESCAPE
THE BUSY
TRAP

40th
ANNIVERSARY

WIN
A WASHER
& DRYER
WORTH
\$2,900
P. 72

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spring recipes

Speckled Easter Egg Cake, p. 84

WEAR DENIM
TO WORK
WE SHOW YOU HOW!

CANADA'S **MS** CRISIS P. 41

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Canadian Living

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Photography, Jeff Coulson
Food styling, Heather Shaw
Prop styling, Laura Branson

WHO DO YOU "TALK" TO MOST ON SOCIAL MEDIA?

Canadian Living

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"Friends from my past who I would have lost touch with if not for social media."

"My young nieces. It's great being a cool aunt on social media—one who doubles as a spy for my brother!"

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"Girlfriends I don't see enough. We share crazy day-care dashes, recipe fails and human foibles."

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"Friends I don't get to see very often."

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"Simone Castello! We sit next to each other at work, then tweet each other after! Inseparable work wives."

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"I talk to more people online than I do in real life."

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CANADIAN LIVING MAGAZINE is published monthly by Transcontinental Media G.P., 25 Sheppard Ave. W., Suite 100, Toronto, Ont. M2N 6S7, 416-733-7600; in U.S.A., 300 International Dr., Suite 200, Williamsville, N.Y. 14221. Printed at Transcontinental Printing 2005 G.P. RBW Graphics, 2049 20th St. E., Owen Sound, Ont. N4K 5R2. Distributed by Coast to Coast Newsstand Services. Postage paid at Gateway in Mississauga, Ont. Periodicals postage paid at Buffalo, N.Y. USPS 710-890. U.S. Postmaster, send address changes to Box 766, Buffalo, N.Y. 14240-0766. ISSN 0382-4624. Publication mail agreement #40064924. Return undeliverable addresses to: Canadian Living, 25 Sheppard Ave. W., Suite 100, Toronto, Ont. M2N 6S7. All reproduction requests must be made to: COPIBEC (paper reproductions), 1-800-717-2022, CEDROM-SNI (electronic reproductions), reproduction@cedrom-sni.com. Cover price: \$3.99. Subscriptions in Canada, one year \$27.98 (plus tax). U.S. subscribers add \$48 shipping (payable in advance). All other countries add \$152.55 shipping (payable in advance). Download the Canadian Living app for iPad on the App Store. Digital editions are also available on Zinio, Kobo, Press Reader, Nook and Google Play Newsstand. Contents copyright 2015 Transcontinental Media G.P. We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.



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Looking Up

INNOVATORS FASCINATE ME. They have ever since Grade 6, when my class studied Canadian inventions. I'd known about Alexander Graham Bell and the telephone (who didn't?) and Banting and Best's discovery of insulin (thanks to science-minded older siblings). But basketball? The McIntosh apple? The snowmobile? Canadarm?! All this brainpower originating right here on Canadian soil? Wow. My young mind was blown.

Today, however, Canada isn't exactly renowned for its innovation. According to a study by consulting firm Meredith Page and Associates, we're actually getting less innovative, slipping from 12th to 25th place on the international creativity scale between 2010 and 2014.

But after reading "Super Solutions" on page 62, I'm enthusiastic about our country's prospects. Our senior features editor, Robin Stevenson, shines a light on six made-in-Canada innovations that are, or will soon be, changing people's lives. One of those innovations is StopGap Foundation's Community Ramp Project, an initiative that offers ramps to shops and restaurants with single-step storefronts, providing better access for parents with strollers and for people with a mobility impairment. Best of all, it circumvents the red tape of building permits and the expense of a permanent concrete ramp. (Community volunteers build StopGap ramps using donated plywood, paint and rope.) StopGap might not win any architecture awards or put its inventor, Torontonians Luke Anderson, in the running for a Nobel Prize, but this Canadian innovation is definitely changing lives.



PS What's your favourite Canadian invention? Maybe you're working on an innovative project right now. I'd love to hear about it! Email letters@canadianliving.com or tweet me @sandraemartin.

Sandra E. Martin,
multiplatform editorial director



Watch for
this seal!

It's our way of announcing special stories, recipes and photos celebrating our 40th anniversary. You'll find it in the pages of the magazine and online at canadianliving.com/CL40.



HOW TO MAKE A CANADIAN QUILT

We've loved hearing from many of CL's contributors from over the years. (Keep those letters and emails

coming!) One of our favourite stories is from Sandra Small Proudfoot, a crafter in Orangeville, Ont., who designed the gorgeous provincial wildflower quilt that debuted in our August 1985 issue. Learn its fascinating history and find out how to buy the pattern at canadianliving.com/quilt.

ARE YOU A VIP? COULD BE!

As my older brother can attest, pesky younger sisters are bad at keeping secrets.

I'd like to think that I've outgrown the pesky part, but boy I do still struggle to keep juicy info to myself. So, here you go: CL is hosting some incredible VIP events this year—and you can be there! Check canadianliving.com/vip often for details (which I promised not to spill...yet!).



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GUEST EDITOR

Kirstine STEWART



▲ Turn to page 60 for Kirstine's tips about how to network on social media.



Kirstine talks to our Fashion & Beauty director, Julia McEwen, about bringing chic to officewear.

WHEN KIRSTINE STEWART was named head of Twitter Canada in 2013, the company's Canadian division was just an idea. "It was me and a cellphone and nobody else," says Kirstine. Now, less than two years later, she's vice-president of Twitter's North American media partnerships, and Twitter is one of the biggest social media companies in the world, with 284 million monthly active users to its name.

Though she has already built an undeniably impressive career (Kirstine Stewart has become a household name and a must-follow on Twitter—and she's done it while raising two children), Kirstine is remarkably modest. When asked how she made it to where she is today (was there a 10-year plan?), she says, laughing, that all the plans she's made have failed miserably.

Kirstine started out with the ambition of working in publishing, but around the time she graduated from the University of Toronto with a degree in English literature, the publishing

market took a downturn and her dreams were dashed. She had no choice but to answer an ad for a receptionist job. "You don't know where you're going to be, and that's kind of the fun part," says Kirstine, reminiscing. She found a great role model in her boss at that first job and slowly moved up the ladder in the media world, working at Trio NewsWorld International, Hallmark Channel and Alliance Atlantis before eventually becoming executive vice-president of English services at CBC.

That's where she was when she landed a job at Twitter. Many speculators thought it was a huge risk to leave the media giant for a relatively young social networking company, but Kirstine didn't see it as risky; she knew that a company based in social media was the future.

Tech companies like Twitter are all about taking chances—doing something different in order to move forward. "Ultimately, what we're chasing is what people want and need," says Kirstine. "And they can't communicate what those needs and wants are, necessarily, so you have to build for that before they even know what *that* is." She explains that, at Twitter, it was the users who came up with the idea of retweets and hashtags. "Clever companies are really listening to what people are saying they need. And that changes how leadership can happen." ☺

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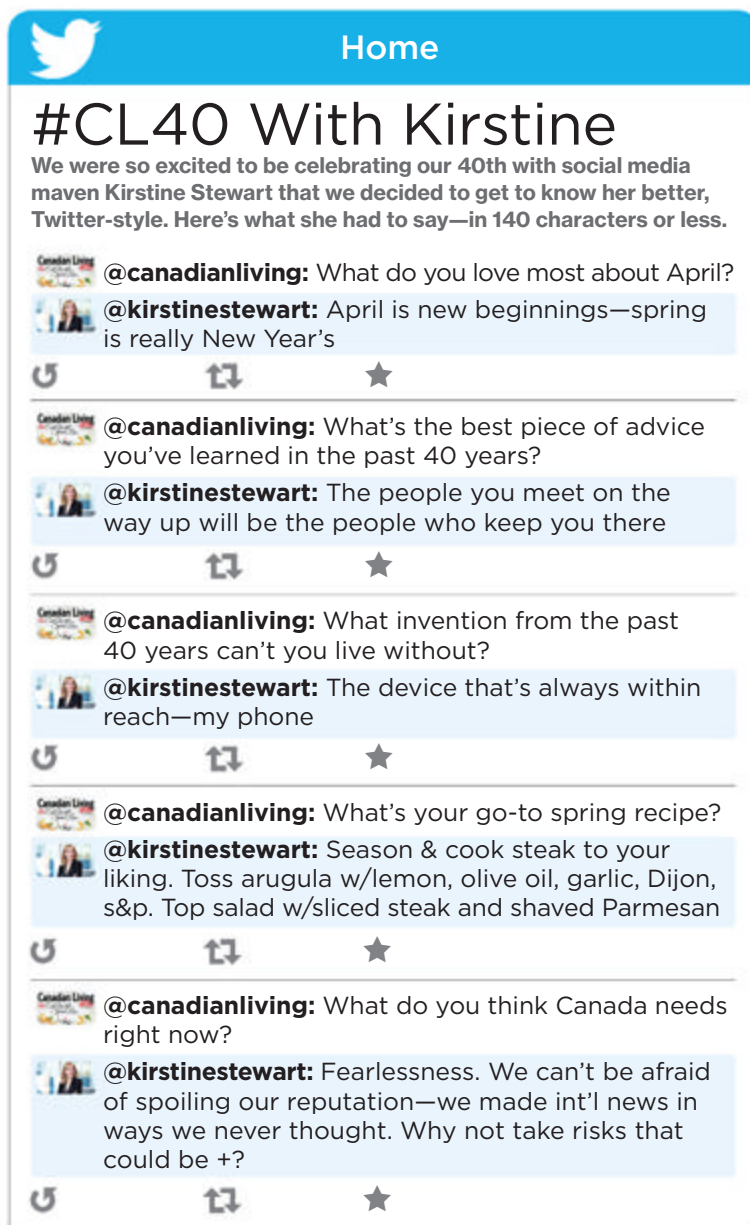
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Taking risks and delivering groundbreaking ideas require confidence, which can be a challenge for someone who's shy. Over the years, the naturally reserved Kirstine (who's never taken a selfie) has learned to get past the self-doubt in the back of her mind. "I had to get over myself and ask, Wait a minute, what am I afraid of?" she says. "When you're self-doubting, maybe you're thinking too inwardly and letting that inhibition curtail what you're going to contribute." And, like many with a lot of responsibility, she's dealt with a bit of impostor syndrome—the feeling that you don't deserve your success—but she used it to her advantage. "If you can channel it and make it something that motivates you to learn more, that's a good thing."

"Learn more" is the best advice Kirstine can give in today's fast-changing business world. It's what she tells her two daughters, who will be entering the job market in the next few years. "The eldest is already in university. She doesn't know what she wants to do, and I told her to keep it as broad as she could, because who knew jobs like this existed four years ago? I said, 'Concentrate on your interests and just learn as much as you can about everything.'"

Having a mother who has shattered the glass ceiling as a high-powered VP at an ahead-of-the-curve social media company has taught Kirstine's daughters another important lesson: Success is within reach no matter who you are. "They think they can do anything," says Kirstine. "And I think that's pretty cool." — *Jill Buchner*

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Enjoy two months of spring blooms. (See tip #22.)

BEST ADVICE EVER!

40 timeless tips from the archives of *Canadian Living*

Throughout our anniversary year, we'll be dipping into past issues to share inspired ideas that are as fresh today as when they first hit the page. Here are **four decades'** worth of wisdom from the April issues of *Canadian Living*.

1 Planning to rearrange your living room furniture? Use your tape measure before your muscles to make sure the new floor plan fits. — **1977**

2 Houseplants that never go outdoors need to have their foliage cleaned often. Regularly wipe leaves with a damp cloth. — **1977**

3 Before you sink your teeth into a chocolate bunny or a cream-filled Easter egg, check the label. If the package says "chocolate-flavoured" or "chocolaty," it isn't chocolate. — **1980**

4 Never clean the skirt or pants of a two-piece suit without the jacket. Always do both pieces at the same time because dry cleaning may affect the colour. — **1981**

5 Get children involved in cooking as early as possible. Let even the youngest have a job, such as listening for the rice to boil or the timer to buzz. — **1982**

6 Don't allow frozen fruit and vegetables to stand at room temperature after thawing because flavour, appearance and texture start to deteriorate. — **1982**

7 To open a champagne bottle safely and efficiently, remove the wire, hold the cork firmly in one hand and turn slowly to loosen. With the other hand, rotate the bottle in the opposite direction and pull down to release the cork. — **1983**

8 Move your medications out of the bathroom medicine cabinet. Heat and humidity from hot showers can interfere with the effectiveness of many drugs. — **1983**



9 If April showers dampen your straw hat, let it dry naturally, away from direct heat and sunlight. — **1984**

10 Still hungry after you've eaten? Wait 20 minutes before consuming more. The craving will often pass in that time. — **1984**

11 Reduce the risk of basement leaks by covering window wells with clear plastic canopies and attaching diversion pipes to the bottom of downspouts to direct water away from the house. — **1986**

12 Start your strength-training workout with a three-minute warm-up for each body part you want to focus on. Giant arm circles, side lunges, slow trunk twists and knee hugs are all good ways to loosen up. — **1986**

13 Take the burden off of brunch by preparing hollandaise sauce ahead of time and keeping it warm in a preheated vacuum bottle. — **1986**

14 To make your house look as large as possible from the street, paint the exterior in light colours with little contrast. — **1986**

15 Simple modern suiting demands dramatic accessories that will lend interest to the spare lines of the outfit. — **1986**

16 If you run out of buttermilk in the middle of a recipe, add a teaspoon of lemon juice or vinegar to a liquid measure and top with milk until you have half a cup. Let stand for five minutes. — **1990**



Make brunch a total breeze in one simple step. (See tip #13.)



17 Keep track of your headaches. Some are brought on by hormones and may correlate with your menstrual cycle. — **1990**

18 Have fun when renovating your home. Make a family time capsule from a watertight container and bury it in the yard or place it inside concrete blocks or walls. — **1991**

19 Before applying eye makeup, dot concealer on your lid and brow bone. This step can be done instead of primer to help eyeshadow and liner stay put. — **1995**

20 Eat protein—such as a poached egg or peanut butter with fruit—for breakfast to reduce hunger and avoid overeating at lunch. — **1995**

21 Supplement your cardio routine with weight training on alternate days. The more muscle you have, the faster you can convert stored calories into energy. — **1996**

22 Plant a mix of early-, middle- and late-blooming tulips. This could give you nearly two months of spring blooms. — **1997**

23 If your deck has limited sunlight, use mature shade-loving plants and rotate containers every few days to maximize growth. — **1998**

24 To see if pasta is cooked, remove a noodle and let it cool slightly before tasting. It's ready if it is tender but slightly firm and still holds its shape. — **1998**

25 Don't choose countertops that are porous (they attract stains) or textured (they trap dirt). — **1999**

26 Never carpet a bathroom. — **1999**



*Go for the bold.
(See tip #15.)*

27 File your nails in one direction. Sawing back and forth can cause nails to weaken and split. — **2000**

28 Schedule a Pap test and an appointment to talk to your doctor before trying to conceive. If anything abnormal shows up, you and your physician can make a plan to deal with it before you become pregnant. — **2001**

29 When measuring liquid ingredients, crouch down so your eye is level with the measuring cup for more precision. — **2004**

30 Shake a generous amount of baking soda into a pot with baked-on food. Add hot water and dish detergent, then let stand for 15 minutes before washing. — **2005**

31 Be gentle on your scalp when shampooing. Scrubbing overstimulates the oil glands, as does overwashing. — **2005**

32 The trick to eating an artichoke is to pull off each leaf, dip the bottom in butter and pull between your teeth to release the tender part. Discard the remainder of the tough leaf. — **2006**

33 Storing away winterwear? It's always best to fold lightweight knits and wool sweaters; they stretch out on hangers. — **2007**

34 Ditch toxic mothballs in favour of dried lavender-filled sachets. They'll discourage fabric-eating pests and keep your clothes smelling fresh, too. — **2007**

35 Select plants for your garden that are native to your area. They'll be naturally resistant to pests and disease and won't hog nutrients. — **2008**

36 Dig coffee grounds into garden beds to add nitrogen to the soil. — **2008**

Goldfinches love thistle seeds. (See tip #38.)



37 Clean or replace your furnace filter every two to three months. You'll help the environment and save as much as 10 percent on your heating bill. — **2009**

38 Fill a bird feeder with sunflower seeds to draw finches and cardinals, thistle seeds for goldfinches and purple finches, and millet for juncos and doves. — **2011**

39 Instead of installing a new low-flow toilet, reduce your toilet's tank capacity. It's as easy as placing a plastic jug of water or gravel in the tank. — **2011**

40 Looking for health information? Steer clear of blogs and chat rooms, where there's no telling fact from fiction. — **2014**



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STYLE

ANTI-AGING | DENIM, 24-7 | HOW TO WEAR PASTEL

Your Six ESSENTIAL MAKEUP BRUSHES

1

2

3

4

5

6

An artist is only as good as her tools, but that doesn't mean having a ton of them will make her great. According to pro makeup artists, the right brushes make all the difference when creating a striking look. Toronto-based editorial makeup ace Jukka walks us through the six essential brushes you need, plus how to wield them like an expert. **BY JULIA MCEWEN**
PHOTOGRAPHY BY GEOFFREY ROSS

Use this dual-ended brush to apply blush, highlighter, bronzer and contour powder.



Make Up For Ever Precision Blender Brush, \$32, sephora.ca.



Kat Von D Shade + Light Contour Face Brush, \$43, sephora.ca.



Cover FX Concealer Brush, \$20, coverfx.ca.

CREASE EYESHADOW BRUSH

Use your regular shadow brush for blending; this specialized brush smudges eyeshadow into the eyelid crease and along the lash line, adding dimension. “You want this brush to have a little more tension,” says Jukka. “The bristles should gather into a pencil-shaped tip.” It doesn’t matter if they’re natural, synthetic or a blend, as long as the shape is small, rounded and densely packed.

BLUSH BRUSH

For a natural finish, use a slightly angled brush that’s not too big, not too small and not overly dense. We love this dual-ended version with soft synthetic bristles. Its ergonomic design includes an angled brush with feathery tips on one end that just skim the cheekbones, so you can’t overdo it. On the opposite side is a domed brush to highlight and illuminate when you really want your cheeks to pop.

CONCEALER BRUSH

Fine densely packed bristles help cover redness around the nose, undereye darkness and blemishes. Both mixed bristles and synthetic offerings easily blend concealers into skin. Although a brush is usually preferred, Jukka admits that a finger is sometimes the best applicator. “In certain cases, I like to use my pinkie for applying concealer. There’s a little bit of magic in the warmth of skin-to-skin contact.”

“Spending money on a preassembled brush set isn’t always the best bang for your buck. You should invest in your tools, buying them à la carte.”

— JUKKA, EDITORIAL MAKEUP ARTIST



Sephora Collection Pro Visionary Precise Natural Powder Brush #121, \$48, sephora.ca.



Shiseido Perfect Foundation Brush, \$35, shiseido.ca.



M.A.C Cosmetics 217 Blending Brush, \$29, maccosmetics.com.

POWDER BRUSH

Attempting to get a silky sheer finish but winding up with too much product on your face? Don’t blame your makeup; it’s likely the brush you’re using. “For powder, I tend to favour a natural-bristled brush,” says Jukka. Try a domed goat-hair brush or a high-grade synthetic fibre. Thicker bristles are great at picking up product, while the ample size of the brush covers a lot of surface with each pass.

FOUNDATION BRUSH

There are two camps when it comes to foundation brushes: those who swear by the classic style (large, fanned and oval-tipped); and those who favour the new kid on the block (flat top with stiff bristles). We prefer the latter because it blends any type of foundation—liquid, cream or powder—seamlessly. Apply in half-circular motions for medium coverage or pat and press for full coverage.

EYESHADOW BRUSH

Toss out those little foam-tipped applicators that come with your eyeshadow compacts; they make blending challenging and create harsh lines. For ultimate accuracy, look for a brush with fine densely packed fibres arranged in an oval. “Every woman should have an eyeshadow blender brush,” says Jukka. Use a tapping motion when depositing colour for the most control.

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Super Restorative Total Eye Concentrate

Clarins Research throws new light on age-defying eye care and introduces Super Restorative Total Eye Concentrate. A powerful, youth-activating cream to target the complete eye contour area from temple to temple. An innovative combination of organic harungana extract and cassie flower wax replumps and enhances by visibly reducing fine lines and wrinkles. Upper lids are instantly lifted while dark circles and puffiness are improved. See the results for yourself. Youthful, brighter-looking eyes, day after day.

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refresher COURSE

In an ideal world, we'd all have eight glasses of water and eight hours of sleep a day, plus naturally glowing skin. For the real world, there's a new crop of anti-aging products. **BY ANDREA KARR**

1. For tired skin

Fatigue affects the skin's ability to regenerate, which can result in premature aging. Garnier's refreshing night cream—inspired by “sleeping packs” from Asia—works while you snooze (when skin repair is at its peak) to boost radiance, hydration and microcirculation. Bonus: It's formulated with lavender essential oil to promote restful sleep.

Garnier Ultra-Lift Miracle Sleeping Cream Night Cream, \$25, garnier.ca.

2. For dullness

Skip the chemical peel that leaves your skin raw for days; instead, try Olay's new at-home night treatment. The lightweight gel, packed with glycolic, lactic and citric acids to gently exfoliate lackluster skin, also hydrates with pro-vitamin B₅ to encourage new cell production.

Olay Pro-X Nightly Purifying Micro-Peel, \$40, olay.ca.

3. For daily aging

According to Vichy, most women notice a change in their skin by the end of the day, such as sagging and deeper fine lines and wrinkles. Vichy's new day

cream fights the effects of through-the-day aging with ingredients including adenosine to combat expression lines, caffeine to energize, rhamnose to thicken the epidermis and neohesperidin to strengthen the skin's barrier against environmental aggressors.

Vichy LiftActiv Supreme, \$50, vichy.ca.

4. For eyes

Deepening wrinkles, puffiness, dark circles under the eyes and slackening of the eyelids are all clinical signs of aging. Until now, most eye creams were formulated for use only on the orbital bone above and below your eyelid. Enter Clarins' new concentrate, safe to apply anywhere around your eyes, including the lids and between the eyebrows. With key ingredients extracted from tropical plants such as harungana (to encourage the synthesis of collagen) and guarana (to reduce puffiness), this concentrate targets the entire eye area for a more youthful look.

Clarins Super Restorative Total Eye Concentrate, \$84, clarins.ca.



5. For large pores

On mature faces, the breakdown of epidermal layers can cause enlarged pores, leaving the surface of the skin rough and dull. Kiehl's concentrate containing microfiltered yeast extract and geranium essential oil preserves and stimulates collagen and elastin, essentially giving your skin a lift by building up the structures that support your pores.

Kiehl's Dermatologist Solutions Precision Lifting & Pore Tightening Concentrate, \$68, kiehls.ca.

6. For sagging

This firming overnight mask is full of natural ingredients that inhibit free radicals caused by pollution, UV radiation and smoking. Black-tea ferment softens and smooths skin, blackberry-leaf extract firms and lichee-seed extract helps skin maintain its elasticity.

Fresh Black Tea Firming Overnight Mask, \$103, sephora.ca.

7. For texture

Anti-aging products need to be properly absorbed in order to be effective. That's where Rodan + Fields' skin roller comes in. Inspired by much pricier (and painful) laser treatments, the roller's microneedles safely exfoliate the skin for better serum absorption, contributing to improved skin tone and texture. The set comes with a roller, a cleansing vial and a two-months' supply of serum.

Rodan + Fields AMP MD four-piece system, \$237, rodanandfields.ca.

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GUEST EDITOR

40th
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Five Minutes With

**KIRSTINE STEWART,
NORTH AMERICAN
VICE-PRESIDENT OF TWITTER**

THOUGH THE DAY was bitterly cold when Kirstine Stewart visited our offices, she demonstrated that bad weather is no excuse for sartorial sensibilities to suffer. We talked with the Twitter star—who was draped in a black silk-georgette Max Mara jumpsuit accessorized with skyscraper suede Prada booties and the most flattering coral lipstick—about fashion, Canadian designers and wearing denim in the workplace. — *Julia McEwen*

When dressing for work, do you gravitate toward

black or colour? I do embrace colour, but I probably use it more in accessories than I do in garments. I recently splurged on a pair of coral Jimmy Choo sling-backs. They've become one of the most versatile things I own, surprisingly; I can wear them with pretty much everything.

What's your go-to piece when travelling? A jumpsuit, for sure, because it's like a dress with legs. To me, it's the ease of picking one thing out of your closet that you know is going to look good—and you don't have to assemble any separates.

On an important day, what kind of clothing makes you feel confident? I like to build confidence through heels. It's interesting that, for a long time, heels were seen by certain groups of women as a negative, like they were designed to hobble us. I actually like what they do in terms of bringing you up a level. They give me confidence from the ground up; I can feel the power coming from the earth through my heels.

Do you wear denim at the office? I love denim in an office setting as long as it's clean and neat—no raggedy hemlines or rips. I don't think there's anyone I work with, from the CEO on down, who doesn't wear jeans to work. Twitter is a forum that really believes in self-expression, so I think the last thing the company would ever do is try to tell people how to dress.



Greta Constantine
Spring 2015

"I love wearing Canadian designers. My wedding dress was custom made by Greta Constantine."

"For the office, skinny jeans are my go-to—mid-to-high rise." Jeans, \$124, bananarepublic.ca.

STYLISH STEAL

It's been more than 40 years since designer Diane von Furstenberg introduced women to the curve-complementing, waist-trimming wrap dress. Still popular today, the style is appropriate for every occasion—from going grocery shopping to attending a wedding—plus, it's seasonless and available in a wide range of hemlines, and it can be purchased in every colour and print under the sun. This navy and blue crosshatch-printed George wrap dress is a wardrobe essential. The best part? At \$20, it's ultra-affordable.



\$20
George
wrap dress,
walmart.ca.



Our favourite shade,
Just Stitched

NOTEWORTHY

Try one of these velvety nail polishes from Essie's new Cashmere Collection. With hues ranging from rich navy to creamy white, these six matte lacquers are infused with iridescence, giving each a unique multitone finish. Our favourite shade in the bunch is Just Stitched, an elegant ballet-slipper pink with a hint of blue shimmer. Combined with the matte finish, the colour looks pearly, posh and fresh—the perfect modern manicure shade for a bride's big day (or any day!).
Essie Cashmere Collection, \$10 each, essie.ca.

PHOTOGRAPHY: MIGUEL JACOB (STEWART); GEORGE PIMENTEL (RUNWAY); GEOFFREY ROSS (NAIL POLISH).
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Kate Walsh

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Everyone loves denim,
and the hardworking fabric
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From how to wear it to
how to care for it, this is
the only primer you need.

carpe DENIM

BY JULIA MCEWEN
PHOTOGRAPHY BY
CARLYLE ROUTH

HAIR BY KRISTJAN HAYDEN/
AVEDA/PLUTINO GROUP
MAKEUP BY SHERI STROH/
BITE BEAUTY/PLUTINO GROUP

Shirt, \$125, liujo.com.
Jeans, \$22, walmart.ca.
Earrings, bananarepublic.ca.
Bracelet, thomassabo.com.
Shoes, joefresh.com.

DESKSIDE DENIM

Forget about saving denim for casual Fridays; this versatile fabric goes far beyond basic jeans. Look chic, elegant and professional in a light-washed chambray button-down, a flirty denim circle skirt or tailored dark-washed trousers. If jeans are your jam, good news: Modern office settings are starting to embrace the one-time "workman-only" slacks. Jason Trotsuk, founder and

creative director of Fidelity Denim, notes, though, that not all jeans are acceptable in office environments. "The colour of the denim is really going to set the tone," he says. Choose a dark wash in a skinny, straight-leg or trouser silhouette and save your distressed, faded blue or slouchy boyfriend jeans for the weekend.

Left: Blazer, \$80, hm.com/ca. Jones New York blouse, \$79, thebay.com. Jeans, \$178, fidelitydenim.com. Necklace, jenny-bird.com. Belt, annataylor.com. Ring, lechateau.com. Shoes, hm.com/ca.

Centre: Cardigan, \$210, liujo.com. Shirt, \$110, bananarepublic.ca. Skirt, \$40, winners.ca. Necklace

and shoes, michaelkors.com. Belt and bag, tedbaker.com.

Right: Shirt, \$180, fidelitydenim.com. Skirt, \$60, and shoes, lechateau.com. Necklace and cuff, bananarepublic.ca. Ring, stelladot.com.

Dress up your favourite dark skinnies with a tailored blazer.

A chambray shirt tucked into a striped pencil skirt looks fresh and modern.

A waist-cinching belt adds femininity to this denim skirt.



Styles vary by store. Visit winners.ca for locations near you. *No purchase necessary. Contest runs from January 1, 2015 at 12:00 a.m. ET to December 31, 2015 at 11:59:59 p.m. ET. Avail. to legal residents of Canada 13+. Twelve (12) prizes available each consisting of one (1) CAD \$100 gift card redeemable at WINNERS, HomeSense and Marshalls stores in Canada. Odds of winning depend on number of eligible entries received. Internet and math skill-test req'd. For rules: <http://www.winners.ca/en/contest-rules.pdf>

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Whoever said you can't wear denim on denim didn't have their jeans on right. Fashion rules were meant to be broken. "Mixing denim can be exciting because it has endless possibilities," says Trotzok. The trick to making the "Canadian tuxedo" fresh, he says, is mixing up the weight of the denim, wearing conflicting washes and never trying too hard. Just remember: Too many denim elements in your outfit can sabotage your efforts. In other words, twice is nice but never thrice. When in doubt, a lightweight shirt in a denim-like fabric like chambray paired with a dark pair of skinnies always works, as it's both casual and sophisticated.

Left: Shirt, \$28, oldnavy.ca. Skirt, \$165, michaelkors.com. Earrings, stelladot.com. Bag, roots.com. Bracelet, bananarepublic.ca. Shoes, hm.com/ca.

Right: Jacket, \$150, rw-co.com. Shirt, \$55, gapcanada.ca. Jeans, \$210, liujo.com. Earrings and belt, hm.com/ca. Necklace, jenny-bird.com. Ring, stelladot.com. Shoes, bananarepublic.ca.

Move denim into pretty territory with a flirty circle skirt embellished with decorative fraying.

Patchwork denim is a major trend this spring, but if it feels too junior for you, try these subtle star patches instead.

DENIM ON DENIM

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*"Believe it or not,
a denim jacket
has more versatility
in a woman's
wardrobe than jeans."*

— Fidelity Denim founder
Jason Trotzuk



Try pairing a wax-coated denim jacket with a printed chambray frock; the different tones and textures give your denim a whole new feel.

Waxed-denim jacket, \$160,
and earrings, bananarepublic.ca.
Dress, \$80, gapcanada.ca.
Ring, thomassabo.com.

DENIM DECODED

What You Need to Know About Denim

Get comfortable with spandex

Like it or not, spandex is now a crucial component of your trusty blue jeans. With the added give, many brands can stretch up to a full size over the first 20 wears. "Size down when you buy fast-fashion [cheaper] denim, and buy true-to-fit when you're investing in a reputable denim brand—they won't bag out," says Trotzuk.

Length is everything

The most flattering length for skinny jeans is when the hem hits the top of your foot. "For average height and leg length, the sweet spot is a 29-inch inseam; it's the most flattering silhouette and length because it's fitted to the body," says Trotzuk.

When to wash and how to dry

Once the backs of the knees start to bunch and the seat gets saggy, it's cleaning time. Aim for three to five wears before machine-washing in cold or warm water. "These days, most jeans have a polyurethane or polyester-like elastin that breaks down when exposed to heat," says Trotzuk. Hanging to dry will leave you with a stiff garment, so he suggests tumbling dry on low heat.

The white way

If white jeans are on your must-try list, look for a pair that fits snug and looks simple. Steer clear of too many embellishments; clean lines will help make your legs appear longer and minimize your assets.

PHOTOGRAPHY: KEVIN WONG (WHITE
DENIM); GETTY IMAGES (BLUE DENIM)



We love the simplicity of pairing skinnies with a classic pair of ballet flats. Animal print and a bright hit of yellow add flair to an uncomplicated shoe.
Jeans, \$45, oldnavy.ca. Shoes, \$55, gapcanada.ca.



Wear more sophisticated loafers or oxfords with a rolled-up hem. The juxtaposition of a formal shoe with a casual pant works!
Jeans, \$39, joefresh.com. Shoes, \$128, bananarepublic.ca.

Keep the hemlines long on your wide-legged jeans and pair with sturdy platform sandals. Your legs will look like they go on forever!
Jeans, \$30, hm.com/ca. Shoes, \$100, lechateau.com.



SOLE MATES

Every pair of jeans needs a fabulous shoe to finish the look. Here are your best bets for spring.



For a fair-weather day, cropped white jeans with a textured trim play nice with leopard-print sandals.
Jeans, \$165, michaelkors.com. Sandals, \$70, aldoshoes.com.

CURVY? PETITE? ATHLETIC? FIND THE RIGHT JEANS FOR YOUR BODY AT canadianliving.com/goodjeans.



Elevate your menswear-inspired jeans with a polished pair of pumps. The structured shoe balances out baggy denim trousers.
Jeans, \$80, gapcanada.ca. Shoes, \$60, lechateau.com.



Wear your boot-cut jeans with high-heeled booties in a similar colour. Ideally, the hem should hit the toe cap to show just the right amount of heel.
Jeans, \$188, fidelitydenim.com. Booties, \$60, callitspring.com.

Blush Hour

Want to work pastels into your wardrobe? Here are four chic ways to make a soft yet powerful style statement. **BY JULIA MCEWEN**



PETAL PUSHER

Accentuate the prettiness of this pleated pastel skirt by topping it with a blossom-embellished tee. For an edgy take, choose a floral with a black backdrop. *Cross-body bag*, \$85, gapcanada.ca. *Bracelet*, \$10, hm.com/ca. *T-shirt*, \$16, joefresh.com. *Jacket*, \$198, fidelitydenim.com. *Sneakers*, \$60, aldoshoes.com.

WORK IT

Start with a button-down and a neutral overcoat. Then, pack on personality by swapping your usual black pants for this pastel skirt. *Earrings*, \$15, lechateau.com. *Anne Klein coat*, \$179, thebay.com. *Handbag*, \$355, tedbaker.com. *Shirt*, \$124, banana-republic.ca. *Booties*, \$169, lechateau.com.

THE TREND

424 Fifth pleated skirt, \$129, thebay.com.



MIX MASTER

Strike a bold note by cleverly mixing stripes with leopard print. We know it sounds strange, but they work beautifully together. Temper the duo with the soft pink skirt and a charming chapeau. *Striped top*, \$50, lechateau.com. *Leopard-print scarf*, \$14, joefresh.com. *Earrings*, \$55, bananarepublic.ca. *Hat*, \$20, hm.com/ca. *Shellys London oxfords*, \$130, littleburgundyshoes.com.



PRETTY POLISHED

Balance the girlishness and colour of the skirt with a casual top such as a basic grey tee. Layer with a lightweight trench and floral pumps to give the ensemble harmony. *Jones New York trench coat*, \$249, thebay.com. *T-shirt*, \$27, gapcanada.ca. *Sunglasses*, \$12, aldoshoes.com. *Pumps*, \$120, ninewest.ca.



“The coolest—and, therefore, chicest—way to wear shades of pink is to pair them with black or grey basics. Try a grey tee, a black moto jacket or distressed jeans to give an edge to the dainty hue.”

— JULIA MCEWEN, FASHION & BEAUTY DIRECTOR

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When MS Closes In

Canada has one of the highest rates of multiple sclerosis, a potentially crippling disease that can cause an unpredictable mix of symptoms, including crushing fatigue, numbness, pain and fuzzy thinking. And it's three times more common in women. Are you at risk? **BY RHEA SEYMOUR**

Michelle Hewitt had always been the outdoorsy type—camping, scuba diving and hiking with her husband and their two Bernese mountain dogs in British Columbia's Myra-Bellevue Provincial Park. But all that changed, and quickly, when she returned to work after Labour Day weekend in 2008. "My left foot started to feel as if it was burning, like there was something hot on it all holiday Monday. And as the day went on, the feeling moved up my leg and the side of my body," recalls the 48-year-old former elementary-school principal from Kelowna, B.C. ♦

PHOTOGRAPHY, KEVIN WONG. PROP STYLING, CHARLENE WALTON/JUDYINCCOM.



MS hits THREE TIMES AS MANY WOMEN as men—and it's on the rise

"The next day was the start of school, and I couldn't quite keep up with people walking alongside me in the hallway. By Thursday, I called HealthLink BC, where a nurse told me to go to the doctor immediately," she says. The doctor saw her hours later, then sent her to a neurologist, who, by the end of the day, had admitted her to the hospital and arranged for tests the next morning. That Friday, Michelle received the diagnosis: an aggressive case of multiple sclerosis (MS), a disease that affects the brain and the spinal cord. Her

life hasn't been the same since. "I walked into the hospital [on Thursday], but by the time I left three days later, I couldn't get by without a walker." Within six months of her diagnosis, Michelle was unable to work, on long-term disability and using a wheelchair.

She endures spastic pain, which makes her muscles tighten "like they're being wrung out like a dish rag," and a burning sensation that "feels like my limbs are being dipped in boiling oil." But the most devastating symptom is severe fatigue.

"I'm only out of bed about nine hours a day: about four hours in the morning, then asleep all afternoon every day, then awake for five hours in the evening," says Michelle.

Medications help but may bring on unpleasant side-effects, from flu-like symptoms to severe bruising. "You have to keep juggling the cocktail of drugs, and every time you adjust it, there's a ripple effect," she says. "Between going back and forth to appointments, being ill quickly becomes your full-time job."

Michelle is one of an estimated 100,000 Canadians living with MS. Thought to be an autoimmune disease of the central nervous system, MS is on the rise, affecting more women than men at a ratio of three to one. A diagnosis can feel like the end of the world. "It's devastating," says Michelle. "My husband had to give up his delivery business to be my full-time caregiver. MS changes everything."

THIS IS WHAT MS LOOKS LIKE

MS is usually diagnosed in people aged 15 to 40, but it can strike at any time. Symptoms occur when the immune system attacks myelin, the protective sheath that covers the nerves. Without myelin, the communication between nerve cells is disrupted. "It's like a mouse eating the plastic coating on copper wiring," says Yves Savoie, president and CEO of the Multiple Sclerosis Society of Canada. About 85 percent of people living with the disease will have what's characterized as relapsing-remitting MS. "You have periods of relapses or exacerbations, which can be extremely debilitating and

Risk Factors

While the exact cause of MS is a mystery, these risk factors may play a part.

Vitamin D deficiency

"The further away from the equator you go, the more common the disease is," says Christina Wolfson, professor of medicine, epidemiology and biostatistics at McGill University

in Montreal. Some studies have shown that vitamin D appears to provide protection against the development of MS, says Wolfson. "But there are millions of people who don't get a lot of vitamin D and don't develop MS, so it's

not that alone." Canada's Food Guide recommends 500 millilitres of milk every day for adequate vitamin D, and those over the age of 50 should also take a daily vitamin D supplement of 400 IU.

Viruses

Early exposure to Epstein-Barr virus, a common contagion that causes mononucleosis, may be part of what causes MS. "There are many people who have been exposed to Epstein-Barr virus who do not go on to



An estimated 100,000 Canadians are living with MS

frightening, with paralysis from the waist down or total loss of your eyesight,” explains Savoie. “Then, the inflammation of myelin will subside, and you’ll recover and have a period of remission.”

About half of people diagnosed with relapsing-remitting MS start to worsen within 10 to 20 years of diagnosis as it evolves into progressive MS. It’s possible to die from complications such as pneumonia, usually due to paralysis, but that’s extremely rare. “We don’t commonly have deaths from MS anymore,” says Dr. Paul O’Connor, neurologist and director of the Multiple Sclerosis Clinic at St. Michael’s Hospital in Toronto. But this good news comes with a bad-news chaser: Canada has the highest incidence of the disease, and no one understands why.

DIAGNOSING MS

A doctor who suspects a patient has MS will usually order blood tests, a neurological exam and an MRI scan to examine the brain and spine for lesions, or sclerosis—the Latin word for scars. “A lot of the time, MS is difficult to diagnose because the symptoms aren’t recognized by family doctors,” says Dr. O’Connor. Some of the more common signs include weakness, tingling in the legs, bladder problems and loss of vision and coordination, but every individual case is different. “MS is extremely variable across people,” says Savoie. “There are people in extremely debilitating forms who are in wheelchairs and those who have had MS for 30 years and are running marathons.”

Jenny Howe, 38, hopes to be in the latter group. A CBC traffic reporter in Calgary, Jenny was first diagnosed with relapsing-remitting MS seven years ago. She relapses once every nine months or so, when excruciating back pain and overwhelming exhaustion set in. “I could sleep for 12 hours and still wake up thinking, How am I going to get out of bed?” she says. “I’m on the air from 3 to 6 p.m., and I have to be ‘on.’ I have to conserve all my energy for those three hours because the audience doesn’t care if I’m having a bad day.” After a few weeks, the pain and fatigue are gone, and Jenny goes back to feeling perfectly normal. “I go weeks where I forget I have MS,” she says. Indeed, two years after being diagnosed, she ran her first half marathon. “I started to run because I thought, If my body is going to be weak during a flare-up, I better be as strong as I can.”

FINDING RELIEF

There’s no cure for MS, but medications can help control the relapsing-remitting type of the disease. There are now 10 approved disease-modifying therapies (DMTs) in Canada that are administered orally, by injection or through infusion and that help decrease the duration and severity of relapses. “Without the attacks, many people can live disease-free and much more productively,” says Savoie.

“Most patients who go on MS drugs don’t have big problems with side-effects, although there can be a wide range of side-effects,” says Dr. O’Connor. “The new drugs are quite well-tolerated.” When side-effects do occur, depending on the drug, they might include mild hair loss, nausea, diarrhea and high blood pressure.

Prescribing the right drug for a patient with relapsing-remitting MS involves trial and error. “If the MS is very

develop MS, so the question of how these factors act together to cause MS is still under study,” says Wolfson.

Smoking

Increasing evidence has linked cigarette smoking to MS. “It’s probably related to

immune function,” says Wolfson. “Some studies show that high levels of smoking are also associated with a more progressive course of the disease.”

Genes

Genetics may make you susceptible

to MS, but then something else—usually environmental, like a virus—triggers it, says Dr. Mark Freedman, professor of neurology at the University of Ottawa and senior scientist at the Ottawa Hospital Research Institute. “Genes

load the gun, but something fires it.”

Obesity

It may explain why MS is more common among women, says Yves Savoie. “We are all getting more obese, but the female immune system reacts to obesity in

a different way than the male immune system.” Obesity may also explain the growing rate of MS among children and adolescents. “The number diagnosed remains very small, but the rate of growth is troubling.”

“If I feel good most of the time, *why would I want to take a powerful drug* that is going to have side-effects?”

aggressive, we'd probably pull out all the stops,” says Dr. Mark Freedman, professor of neurology at the University of Ottawa and senior scientist at the Ottawa Hospital Research Institute. The riskiest treatment: a bone marrow transplant to replace the old immune system. “It can lead to long-lasting remission, but it comes with the risk of death for the men and women who undergo the treatment, and it has the additional high risk of sterility for women.”

Michelle has tried four DMTs with varying side-effects. “You really have no idea if these drugs are working; you hope they're slowing the disease, but you can't measure it. My other drugs are for pain, and those are the ones that help,” she says. “It's a really important distinction, because lots of people stop taking DMTs because they don't feel any better, but that's not what the drugs do.”

Some MS patients—like Jenny, who has been taking oral steroids as a short-term treatment for relapses—are wary of taking medications. “My neurologist thinks I should and tells me they'll lessen the frequency of my relapses,” she says, “but my relapses aren't that frequent. If I feel good most of the time, why would I want to take a powerful drug that is going to have side-effects? I don't want to tax my otherwise healthy body.”

Neurologists argue that forgoing medications that slow down the

progression of the disease may cause patients to be worse off long term. “It's a bit like treating hypertension,” says Dr. O'Connor. “People with hypertension might feel fine, but you treat the hypertension to prevent heart attacks and stroke. In the same way, with MS



A Controversial Treatment

THE CHRONIC cerebrospinal venous insufficiency (CCSVI) theory behind MS seems to have been debunked. So far, CCSVI studies funded by several organizations, including the Multiple Sclerosis Society of Canada, indicate that there is no connection between CCSVI and MS.

Having raised hopes when it was introduced by Italian researcher Paolo Zamboni in 2009, the CCSVI theory proposed that an abnormality in the way blood drained from the brain and the spinal cord may lead to central nervous system damage and the onset of MS. *The Globe and Mail* reports that experts estimate as many as 5,000 Canadians travelled abroad, each spending upward of \$10,000 for treatment opening the blocked veins for better blood flow and drainage.

“It was an experimental treatment and not proven effective,” says Yves Savoie, president and CEO of the Multiple Sclerosis Society of Canada. “Many of the people who did it reported more energy and less brain fog, then weeks later, they would say those improvements had been lost.”

One thing is certain: CCSVI won't be the last experimental theory dashing the hopes of people with MS who are desperate for a cure. “There have been treatments touted as cures for the 28 years I've been working in MS,” says Dr. Mark Freedman, professor of neurology at the University of Ottawa and senior scientist at the Ottawa Hospital Research Institute. “These things come and go. But the difference this time was that social media disseminated the message quickly.”

you try to prevent an attack with medication so the person doesn't ultimately develop neurological disability."

Although there aren't currently any approved treatments for progressive MS, there is reason to hope. "We're currently in Phase 2 and Phase 3 of clinical trials for new agents for progressive MS," says Savoie. "The safety trials have been good, and there are early signs of effectiveness. For people with progressive MS or at risk of it, this is very exciting."

NONMEDICINAL RELIEF

Exercise and a healthful diet may help people better cope with MS. Jenny tries to prevent stress-induced flare-ups with acupuncture, reiki and yoga. "I consulted a naturopath two weeks after I was diagnosed and removed the foods that are known to cause inflammation, like gluten, dairy, legumes and eggs," she says.

While no particular type of diet has been proven to prevent flare-ups, Jenny believes it has worked for her. "I feel like I'm taking care of myself."

For Michelle, coping with the disease means maintaining a positive attitude. "If you sit around moping, you're going to feel worse, so I've tried to keep myself as busy in a variety of ways." That has

included taking a seated tai chi course and getting involved in the MS Society, where she is now cochair of her local chapter and her husband is a board member. A former musician, she also uses an iPad app to write musical compositions for her granddaughter to play on the piano. "You do what you can to fit the abilities you have now." ●

"I go weeks where I forget I have MS. I started to run because I thought, If my body is going to be weak during a flare-up, I better be as strong as I can"



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They bear the brunt of your day-to-day movement, so here's how you can cushion and care for

your joints

BY JILL BUCHNER

ARE YOU A MICROKLUTZ?

You could be born predisposed to joint problems, says Alex Scott, assistant professor in the physical therapy department at the University of British Columbia and researcher at the Centre for Hip Health and Mobility in Vancouver. "Some of us are microklutzes," he says. "We don't move as fluidly or as effectively as others naturally do, so we're placing more strain than we need to on our joints." It could be that you have flat feet or inward-turned knees, or maybe you just land harder on your feet. To find out if your joints are taking a beating, have a gait analysis done, then, if necessary, talk to a physiotherapist about corrective exercises that can help you move more effectively.

5 to 7

That's how many times more likely you are to develop osteoarthritis in your knee if you've had a previous knee injury.

4x

THE REASON TO SLIM DOWN

A study published in the journal Arthritis and Rheumatism tracked the impact of weight loss on the joints of obese and overweight patients with osteoarthritis.

For every pound each person lost, the pressure on the knees was reduced by four pounds.

STRETCH IT OUT

Think of the movements we make most often: We bend our knees when sitting and curl our fingers when typing—we're always flexing forward. "Lots of people wear out their joints because they're constantly flexing; they never do extension," says Maria Kristina Antonious, registered physiotherapist and clinic director at Pro Physio in Ottawa. Set up a time in your day to actively move your joints in the reverse direction. Straighten your legs, pull your fingers back until there's resistance and swing your arms all the way up while arching your back.

MUSCLE MATTERS

Strong muscles save your joints from being hammered too hard, but it's particularly important to have a strong core and glutes to take the pressure off your hips and knees, says Antonious. "Your core and your glutes are your powerhouses," she says. "If your core is weak, your quads have to work harder, your hamstrings have to work harder, your hip muscles have to work harder." The same goes for your glutes. All of this can lead to loading too much weight on a certain part of a joint, which is a sure way to cause injury.

 GET EXERCISES TO STRENGTHEN THESE MUSCLES AND PREVENT JOINT INJURIES AT canadianliving.com/jointprotection.

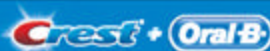


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40%

of Canadian workers
suffer from high levels of
“total role overload,”

meaning they are constantly
struggling with excessive demands
at both work and home,
according to a 2012 survey of
25,000 Canadian workers.

*How to
escape...*

the Busy Trap

BY CARLY WEEKS

HILARY LETWIN FINDS IT nearly impossible to silence the nagging voice once it starts, usually in the middle of the night. That's when her bottomless to-do list begins to creep into her consciousness. “I try not to let those feelings overwhelm me, because that can be quite paralyzing,” says Hilary, as she struggles to meet the demands of running a household and raising a 3½-year-old while working from home as a research writer.

The “busy trap” that plagues Hilary is maddeningly familiar to many Canadian women who feel as if they're being pushed to the brink as a result of jam-packed work schedules, family obligations, household chores and the self-imposed pressure to continually take on more.

Kathryn Lavalée, 33, is caught in the same trap. The sense that she's always on the run starts as soon as she opens her eyes in the morning. She's immediately checking email for any urgent work-related issues to handle. Next, it's down to the kitchen to make breakfast and pack lunches for her five- and eight-year-old sons before walking them to school. “I feel like there's always something else to do,” says the single mom. “There are days when I get a little panicky.”



PHOTOGRAPHY: GETTY IMAGES

After dropping her kids off at school, Kathryn, who lives just outside of Regina, heads back home, where she runs her own website full time. And after she picks up the boys, she starts the nightly ritual of snacks, karate or Scouts, meal preparation, cleaning and bedtime. Even then, Kathryn often finds herself typing away at her computer late into the night.

FINDING WAYS TO COPE

Research on the long-term negative effects of stress is leading women like Kathryn and Hilary to realize that this busy trap is about more than momentary angst—it can seriously affect their health. While it's unlikely that many of the obligations keeping Canadian women so busy will disappear any time soon, there are effective coping mechanisms that can help minimize stress and promote a healthier life.

For Hilary, who lives in Port Moody, B.C., daytime list-making is a useful tool for managing stress. Once she wrestles tasks onto paper, the 36-year-old mom feels one step closer to getting them done. Hilary and her husband also make a conscious effort not to overcommit to social events or engagements—taking a pass on after-work functions and too many kids' activities—that could leave them scrambling to get everything else done.

Karen Duncan, work-life balance expert and associate professor at the University of Manitoba, says that, beyond a simple list, the key to escaping the busy trap is figuring out your priorities. Many people believe they can achieve a perfect balance between work and home life if they just work hard enough, she says. "It's setting people up to fail."

Instead, Duncan suggests giving careful thought to what you can and can't control. "Putting in this work in advance to identify your real priorities can give you a more realistic idea of what you can take on and achieve without feeling burned out and also help you focus on areas where change is within your control," she says. "Yes, we may be able to manage stress, but it's so much better if we can understand the cause of that stress and eliminate it if possible and, if not, adjust our expectations accordingly so we meet our priorities."

For Jody MacArthur, the juggling act of life itself seems like the cause. A 40-year-old mother of two young daughters, Jody runs a public relations and social media

management business from her house near Halifax. Though working from home affords her flexibility, it also means Jody is never far from the demands of the office. Once she and her husband are finished making meals, shuttling the girls to activities and looking after household chores, Jody often ends up finishing her work after the kids are in bed. She finds herself limping toward the end of the school year and using summer holidays to recharge her worn-out batteries. But she also acknowledges that she brings on some of the tasks that keep her in high gear.

25%
of Canadian women
feel high levels of stress
on a daily basis,
according to a 2013
report from
Statistics Canada.

How Stress Hits Your Health

Chronic stress, which triggers the release of the hormone cortisol, can lead to these health problems:

ANXIETY
DEPRESSION
MEMORY DISORDERS
SLEEP PROBLEMS
DIGESTIVE PROBLEMS
HEART DISEASE
FERTILITY ISSUES

MANAGING EXPECTATIONS

Thankfully, as a culture, we're starting to discuss the lure—and perils—of our busy ways. Brigid Schulte, author of *Overwhelmed: Work, Love and Play When No One Has the Time*, says that society places too much value on being busy. "There is a certain amount of pride when we show how much stuff we can cram into our calendars," she says. It's hard for women to shed this mindset, given that it's increasingly easy to compare ourselves to the Pinterest crafting brigade and the Facebook humble braggers.

Schulte says that letting go of those unrealistic expectations is critical. When

women—who so often carry dual work-home roles—recognize that the default in modern society is to aspire to be busy all the time, it's easier to let go. "You can't control time, but you can control your expectations, and you can control your priorities," says Schulte.

Jody hears that advice loud and clear. Lately, she's been making the effort to check her expectations and to clear her schedule so the family can enjoy more downtime. They find themselves taking spontaneous outings to the movies, something that once seemed impossible. "It feels a lot healthier than it did; it feels a lot slower. For us, that works," she says.

Erin Chrusch, 36, agrees that the busy trap is often self-inflicted. "You make choices about what you want for your family," says the Calgary wife and mother of two, aged five and seven. She catches herself when she complains about her crowded schedule, because many of the things that keep her family busy—taking the kids to dance or hockey—are privileges. But it's still a mad dash for the working parents, especially when one of the kids is sick or childcare falls through.

STRIKING A BALANCE

Scott Schieman, researcher on work, stress and health and a University of Toronto sociologist, says pressures faced by families are often caused by rigid work hours and the "technology creep," which makes many employees reluctant to stop checking email. Schieman believes employees should be able to talk to their managers about schedules and have more flexibility when it's needed. And he argues that employers should be prepared to offer more of their workers arrangements that fit their lives.

In that regard, Erin is lucky. Her boss, Calgary Mayor Naheed Nenshi, understands she has obligations outside the office. "It's good to have a work environment that allows me to do what I need to do," she says. "It makes me feel like I can balance it all."

Back in Regina, Kathryn has been learning to say no when she's stretched too thin. She goes out for dinner once a week to give herself a break from cooking and to prevent busyness-induced stress. "You're away from all of that stress," she says. "It's hugely helpful." ●





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Stay motivated

We know keeping active is important, so why does it drop off the priority list when life gets busy? Here are a few tips to keep you on the move.

TAP THE APPS For those times you need a little push, there are apps that act like your personal cheerleading team. They cheer you on as you clock your steps, count your calories and go to the gym. They encourage you to develop positive habits from mastering your downward dog to implementing a thorough oral care routine. The Oral-B® Power toothbrush app with Bluetooth® connectivity acts as a personal brushing assistant to help you perfect your tooth brushing for a great smile. By connecting to the Oral-B® app on your smartphone, the Oral-B® SmartSeries™ delivers real-time feedback on your brushing—so it actually communicates while it cleans. It's all about getting that superior clean**.



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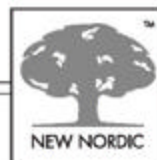


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TESTIMONIAL :

My name is Madeleine. I am retired and I enjoy spending time in nature, painting beautiful plants and landscapes.

As I got older, my eyes began to weaken. I was sad about this, because I love painting, which requires accurate vision. When I went to my optometrist, he diagnosed me as having age-related macular degeneration (AMD), and told me this unfortunately gets worse with time.

Then, in a magazine, I read about a man who had used a supplement called Blue Berry, to

maintain his eyesight. In hopes of getting the same results, I bought a box the same day.

I've been taking Blue Berry for almost a year, and I'm very happy with the product. I'm painting and my spirits have been lifted. I'm happy to have found this product, and recommend it highly to anyone who wants to take good care of their eyes."

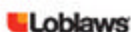
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Life After Layoffs

Losing your job can feel like the end of the world. But as Janice, Cheryl and Darren discovered, a layoff can provide the freedom needed to chase down—and achieve—true career satisfaction. Read their stories and find out how you can use their tips to boost your own job prospects.

BY ANN DOUGLAS

A former TV journalist, Cheryl Jackson is now a website editor for a nonprofit. "I'm very happy with where I landed," she says.

PHOTOGRAPHY: SHANNON ROSS/JUDYINC.COM. HAIR AND MAKEUP: CAITLIN CULLIMORE/TRESEMME HAIR CARE/JUDYINC.COM

SUCCESS STORY

Cheryl Jackson

Toronto

WAS TELEVISION AND ONLINE JOURNALIST

NOW WEBSITE EDITOR FOR A NONPROFIT

NO SURPRISE, Cheryl was “sad, angry and disappointed” when she got the word her high-profile job at public broadcaster TVOntario was being eliminated. “I was very proud of the work we’d done,” she says. Yet, she was also a little relieved. “The last few months had been difficult. Staff had been warned that cuts were coming, and we were all anxious. When the cuts came, I felt I was free to move on.”

A journalist by profession, Cheryl had a duly systematic approach to moving on. She started researching career options and scheduled a series of informational interviews with former colleagues and other contacts. “I would ask them questions like, ‘What types of positions tend to come open in your organization?’ and ‘How would my skills, knowledge and contacts fit?’”

One of those conversations helped Cheryl see how her existing skills could be applied to a communications job in a different sector. “I had coffee with a woman I’d interviewed for TVO who worked at a not-for-profit organization,” she recalls. “When I told her I was concerned I didn’t have the project-management skills people were looking for, she pointed out that, as a broadcast journalist, I’d spent two decades managing projects and people, on deadline and on budget. That helped me reframe my experience.”

Cheryl also found it helpful to meet regularly with a former colleague who was looking for work, too. “We’d compare notes: who we had talked to, what we had learned and what we were hearing on the street.” They critiqued each other’s résumés as well (Cheryl discovered hers was longer than optimal).

In the end, her efforts paid off: A year to the month after receiving her notice, she landed a job as a website editor for the Centre for Addiction and Mental Health. “I never worried I wouldn’t get a job,” she says, “but I did worry about finding the right job. When I was offered the job I have now, I knew it was a good fit.”

Cheryl’s
JOB-TRANSITION
DOs

**Schedule informational
interviews to research
new career options.**

**Tap into support from others who
have experienced job loss.**



“Over a year later, and with a rapidly growing business, I know I made the right decision,” says franchise owner Darren McDermott.

PHOTOGRAPHY: SHANNON ROSS/AUDYING.COM



SUCCESS STORY

Darren McDermott

Kitchener, Ont.

WAS TECH-INDUSTRY SENIOR DIRECTOR

NOW BARBERSHOP FRANCHISE OWNER

DARREN SAW the writing on the wall. The year was 2009, and company-wide layoffs were imminent at Research in Motion (RIM), where he worked. Even though, as he says, “I had a lot invested in that job,” Darren accepted a buy-out offer from the company that created the BlackBerry. It seemed like the best solution in a terrible situation.

Rather than pound the pavement for another salaried gig, Darren decided to return to his entrepreneurial roots. As a teen, he’d loved running his own business: organizing bus trips to rock concerts. “I think it’s important to take stock of who you are and what’s important to you,” he says. “Some people really like the sanctuary and safety of working for a big company; there’s something to be said for a steady paycheck. But if you’re always the guy in the meeting who’s saying, ‘Why are we doing this?’ then maybe you should be the guy in the meeting who’s saying, ‘Here’s what we’re doing.’ And that was definitely me.” Working for himself became Darren’s goal.

He knew, though, that during his transition from steady paycheck to self-employment, the bills still had to be paid. So he bridged the gap by taking on a tech-industry sales job for three years while researching, purchasing and, ultimately, launching his own business—the first Tommy Gun’s Original Barbershop franchise—in October 2013.

“I was loving every minute I could spend in the new store,” says Darren. “I knew it was time to be my own boss, full time.”

For him, the rewards of self-employment more than make up for the fact that he’s earning less than he did during his heyday at RIM: “I’m not making lots of money yet, but I’m happy as a clam. I’m having fun. My blood pressure has gone down 10 points, and I have never felt freer.”

Darren’s
JOB-TRANSITION
DOs

Think about the jobs you’ve loved and have been good at.
If you’re considering self-employment, plan how you’ll pay the bills while your business gets off the ground.

Job-Loss Action Plan

You’ve just been handed a pink slip. What now? Two of Canada’s top career coaches answer that question with this step-by-step guide to moving past a job loss.

DAY 1

Back away from your computer and smartphone

Embarking on your job search right away is the worst thing you could do. “It’s also not the best idea to let loose with a rant on Facebook,” says Halifax career counsellor Karen Schaffer.

Don’t sign anything

Press pause before signing severance or work-termination papers; you may make a rash decision you later regret. Consider seeking advice from an employment lawyer.

Reach out to friends for now

Don’t blast all your LinkedIn contacts with a job-search SOS. Instead, reach out to family and close friends for emotional support.

WEEK 1

Review the details of your severance package

Get a clear picture on severance pay, pension holdings, accrued vacation pay and access to outplacement service providers.

Obtain a copy of your record of employment

You’ll need the document for employment-insurance benefits. To submit a claim online, visit servicecanada.gc.ca.

Establish a budget

Calculate your living expenses, then look at those amounts against your savings and how much money you’ll have coming in. That will help you determine how long you can take to find a new job.

Update your résumé

Schaffer recommends a two-tiered résumé strategy: “Update your existing one, so you’re ready to apply for any job openings in your current field, but put some additional time into a transition résumé for a new career.” If you decide on a career change, add more time to your job search.

Stay positive

“Have the short-lived pity party,” advises Vancouver business coach Michela Quilici, “but then channel that negative energy into something positive and use that as fuel to propel yourself forward.”

WEEKS 2, 3, 4 and beyond

Establish new routines

“Anxiety arises when you’re all alone and your day is wide open,” says Schaffer. Sign up for a fitness class, meet with friends or pursue personal projects. Don’t spend all your time looking for a job. ☐

Reflect on what comes next “Now that you have this forced break, you can really take a step back and design the life you want,” says Quilici. This may mean saying no to the first job you’re offered, or taking the job, if you need the cash flow to get by, knowing it’s only a temporary situation.

Target your job search Make a list of the different skills you have acquired to transition to a new career, if that’s your goal. Schedule informational interviews with industry experts who can give you the inside scoop on necessary training and certifications and how best to market yourself to would-be employers. Give yourself several weeks for this phase to kick into high gear.

Get in touch When you’re ready to start your job search, contact former colleagues, past employers and other business contacts to ask for their help in identifying potential job opportunities.

Prepare for interviews Be able to tell the story of your career path to prospective employers (company merger or team restructuring) without necessarily talking about the result. “Your story shouldn’t end in ‘and then they fired me,’” advises Schaffer.

Janice Martin is grateful for the experience gained in her previous career: “None of it ever goes to waste.”

SUCCESS STORY

Janice Martin

Abbotsford, B.C.

WAS REGIONAL SALES
MANAGER FOR RETAIL CHAIN
NOW SELF-EMPLOYED
CONSULTANT

WHEN JANICE was laid off from her position as Western Canada sales manager for Ten Thousand Villages, a fair-trade retail chain that specializes in handcrafted items from around the world, she didn’t crawl into bed and wallow in woe-is-me. There was no time: As part of the package she received, Janice was given the difficult task of winding up operations at eight of the 10 stores she’d been overseeing and doling out pink slips to all of her staff. Though it was hard, “helping others meant I wasn’t as fixated on my own impending job loss,” she says.

Counselling her staff helped Janice identify what she needed to do to move forward. She advised her team to reach out to their greatest supporters and allies—the people she likes to call champions—knowing she would be doing the same. “It could be your aunt. It could be your hairdresser. Those are the people who have always cheered for you or who are honest enough to talk to you straight.”

Janice’s champions, a mix of friends and former colleagues, encouraged her to tap into one of her key strengths: her passion for helping people. That guidance helped Janice pinpoint what she wanted from her next job—something she recommends to anyone in the same situation. And, she suggests, if you’re having trouble figuring out what you want to do next, think

about what you *don’t* want to do. “Make a list: ‘I’m not going to work nights.’ ‘I’m not going to work in a cubbyhole office.’ As you work your way through that process, you’ll start to zero in on things you do want to do: ‘I want to be with people.’ ‘I want to work with numbers.’”

Today, two years after her layoff, Janice has no regrets. She’s too busy enjoying her new career as a business developer for independent business owners specializing in retail and food service; describing herself as “a cross between Dr. Phil and Gordon Ramsay,” Janice serves up straight talk to fellow entrepreneurs struggling to find the keys to business success. She’s grateful for the experience she gained at Ten Thousand Villages, and from all of her previous jobs, because they laid the groundwork for her current career. “Every job you’ve ever had teaches you something,” she insists. “None of it ever goes to waste.” ●

Janice’s JOB-TRANSITION DOs

Be clear about what you want, and especially what you don’t want, in your next job.

Connect with your greatest supporters—your “champions.”

Memories last
longer when you
add a little
island



Whether it's a day on the beach, an evening at the theatre, or the best seafood you've ever tasted, the memories you make last longer on Prince Edward Island. It's an island filled with fun and unique adventures. No matter what experience you're searching for, it's easy to find when you add a little island.

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AIR CANADA 

Some of the strongest job connections can be made on the web. Learn how you can use social media as a tool for success. BY JILL BUCHNER

#careerboost

IF YOU MADE all of the work connections in your “contacts” list while mingling over coffee or cocktails, your networking needs an update. Today, more than ever before, people are meeting, strengthening business relationships and building reputations over social media. And employers are getting online, too. According to a 2014 social-recruiting survey from Jobvite, 73 percent of recruiters have hired someone through social media, and employers are using social networks to search for, contact and vet candidates, as well as showcase their brands and post jobs.

While some of the rules remain the same whether you network in person or online, the sheer size of social media communities has been a game-changer. “It’s borderless,” says Kirstine Stewart,

vice-president of Twitter’s North American media partnerships and *Canadian Living*’s April guest editor. “You can find yourself in a conversation with anyone—even a major international CEO.” So if you’re looking to expand your contacts, grow your career or land a new job, social media should be part of your plan for success. Here’s how to do it.

MAKE A POSITIVE FIRST IMPRESSION

Your social media profile provides others with immediate insight into who you are. The short bio that appears next to your name is the first thing potential contacts notice—think of it as the new handshake.

But it’s up to you to *make* them take notice. “When building your profile, indicate what your interests are and where you’ve gained professional experience,” suggests Stewart, adding that inserting a link to a personal website is a great way to drive people to even more information about you and your capabilities.

A photo is an important part of your profile, but if you aren’t comfortable sharing your picture online, there are alternatives. “Many people use places, things and sayings that represent their personalities and identities,” says Stewart. “Don’t be afraid to add some personal flair. Fun pictures and videos help you promote yourself in more than just 140 characters.” But don’t get carried away: Provocative or inappropriate photos and evidence of inebriation are some of

the reasons employers pass on candidates after they've viewed their social media accounts.

CONNECT WITH THE RIGHT COMMUNITY

On social media, the world, and the workforce, are at your fingertips; it's up to you to decide with whom to connect. "Follow people and companies that inspire you professionally," says Stewart, explaining that this will allow you to keep tabs on trends within your industry and engage with people who have similar professional goals. "Connect with people you admire or aspire to work with. Asking for advice or offering an opinion on a specific topic engages you with other people who are talking about the things that interest you."

And since social media platforms are intuitive systems, they'll help you expand your network beyond your first-degree contacts, suggesting new people with whom to engage based on your existing connections. "The more Twitter accounts you follow in the same interest group, the more you will get followers back," says Stewart. Don't get too hung up on the number of followers or connections, though; how many contacts you have doesn't necessarily correspond to how engaged they are.

PARTICIPATE IN CONVERSATION

Stewart refers to social media as an extension of your personality, so as such, your posts should reflect the things you enjoy talking about in real life. "The content I share changes all the time," she

says. "I like sharing news and insights about media. I also like interacting with those in my network and sharing information I find interesting or of value to my followers."

But keep in mind: While the breadth of online networking is an advantage in many ways, it can also be a drawback. Since anything you say can be seen by the world (or Twitter-verse), it's important not to post anything you would be wary of saying to your business associates over coffee. A 2014 survey from CareerBuilder found that 43 percent of employers use social media to research job candidates, and 51 percent of those have decided against a candidate based on what they've found, such as posts that displayed negative remarks about previous employers, discriminatory comments or poor communication skills. Luckily, when you're behind a computer or smartphone, you have more opportunity to think your words through so you can be sure to present yourself positively.

BROADEN YOUR HORIZONS

On social media, you can pay attention to what people are liking, retweeting and so on to measure how others are receiving your posts. Having trouble getting others to engage? Join existing conversations that interest you. "Using popular hashtags as they relate to your professional industry will allow you to be part of the larger conversation," says Stewart. Simply adding that little tag means anyone who's following that hashtag will see your comment in their feed. It's an easy way to introduce yourself to others who are participating in similar discussions. ●

GUEST EDITOR

40th
ANNIVERSARY



“At CBC, staff liked how I used Twitter to keep in touch and lead the team because it encouraged conversation—unlike a one-way staff memo.”

CHOOSE YOUR VIRTUAL CIRCLE

Different platforms offer different ways to make valuable career contacts. We help you decide which ones are right for you.



On **Twitter**, everyone is engaged in conversation—often multiple conversations at once!—so you can follow potential employers or clients and pick up on their interests; then, when you have enough context to add your own intelligent perspective, jump into the discussion—no awkward introductions necessary. Feel free to tweet people you admire (keeping in mind that everyone else who follows that person, and you, will also see the tweet) or send a direct private message to someone from whom you'd like advice.



Instagram can be a great place to create a portfolio of your successes. If the fruits of your labour can be portrayed in images, this is the place to do it; food photos can speak volumes about a chef, and pictures of great events can build a publicist's profile. Just make sure selfies aren't getting in the way of work photos.



You may already be using **Facebook** with friends and family, so it's important to adjust your privacy settings to keep your personal activity hidden from professional contacts. Many employers check candidates' Facebook pages, and it's not just inappropriate photos or comments that could be judged. You can also use Facebook to research companies you'd want to work for, and to tell friends when you're looking for work so they can reach out to their networks.



This career-oriented social network is a no-brainer for making contacts, but many people simply use it as a place to post résumés. That's just the beginning: Use **LinkedIn** to reach out to all of your former coworkers (they could be connected to people with whom you'd want to work in the future), search for potential contacts in your area and join groups where people in your field are engaged in discussions. You can also scope out which companies have job openings in your area of expertise.

Super. SOLUTIONS

1

MEDICAL CARE WHEN YOU DON'T HAVE A FAMILY DOC

Challenge Roughly five million Canadians aged 12 and older don't have a family doctor.

Solution **IAMSICK.CA.**

This website and app locates your nearest urgent-care centre, after-hours or walk-in clinic, emergency department and pharmacy.

Cost to you **FREE**

You've come down with a really bad case of the flu and need to see a doctor. But what if you don't have a family physician? You could check in to your local emergency department and wait, possibly for hours. There's a better solution: A tap of the iamsick.ca app will show you the location of the nearest walk-in health-care facilities, as well as contact information, and hours. Three University of Toronto students—who recognized that they and their friends relied on the ER for same-day and after-hours health care—developed the concept. “We wanted to provide a host of health services that are open when people need them,” says cofounder Ryan Doherty. The app serves only Ontario—for now; the developers hope to make it available across Canada by year's end.



From a ramp that makes your favourite coffee shop more accessible to a smartband that can help bring a loved one home, these six **INNOVATIVE PRODUCTS AND SERVICES** are aiming to make our daily lives easier, safer and healthier.
BONUS: *Canadians are behind each and every one!*

BY ALYSSA ASHTON, JILL BUCHNER & ROBIN STEVENSON

2

Safer Fun in the Sun

Challenge Skin cancer is more prevalent than ever, with more than 80,000 cases diagnosed in Canada each year.

Solution **SUNCAYR.** This ultraviolet-responsive felt-tip marker tells you when you need to reapply sunscreen to protect your skin from the sun's harmful rays.

Cost to you **\$12**

“Simply draw on your skin using the opaque marker, then apply sunscreen. The drawing will turn purple when your skin is no longer protected from UV. When more sunscreen is applied to the area, the drawing disappears. The team hopes to offer more kid-friendly colour options by the time the product is ready for market.”

An award-winning product from a group of fourth-year University of Waterloo nanotechnology engineering students could change the way we enjoy the outdoors. Suncayr (suncayr.ca) indicates when your sunscreen is no longer protecting you from UV exposure, which can damage the skin's cellular DNA and may lead to skin cancer. The students were inspired by their own red-hot brushes with the sun. “I always get sunburned,” says Rachel Pautler, CEO and one of the company's four cofounders. “You have to be so vigilant about reapplying sun-

Suncayr was a runner-up for the 2014 James Dyson Award. Submissions for 2015 are being accepted until July 2. Visit jamesdysonaward.org for details.

Neighbourhoods Made More Accessible



Challenge According to a 2012 Statistics Canada survey, more than 11 percent of Canadian adults are limited in their daily lives because of pain, flexibility limitations or a mobility impairment that, in some cases, requires the use of a wheelchair.

Solution **STOPGAP FOUNDATION.** StopGap's Community Ramp Project provides custom access ramps—free of charge—to local shops, restaurants and businesses with single-step storefronts.

Cost to you **FREE**

Design with everyone in mind. That's how founder and president Luke Anderson describes the work of StopGap, an initiative that improves accessibility by bridging the gap between buildings and sidewalks. “Everyone benefits from barrier-free amenities: a wheelchair user, a parent pushing a stroller or a delivery person. A single step can be a real hassle,” says Anderson, who uses a wheelchair. StopGap's first project took shape in Toronto's Junction neighbourhood in 2011. Portable wooden access ramps were constructed for 12 businesses using

material donations from local hardware stores and volunteer labour. The project got people talking about the human right to equal access. “Since then, we have sharpened our skill sets and inspired others across the country to take on similar initiatives,” says Anderson, citing ramp projects in Steveston, B.C. and Charlottetown. Those interested in improving accessibility in their communities can download how-to resources at stopgapblog.blogspot.ca. StopGap recently became a registered charity to raise funds for additional projects. “As our name suggests, these ramps are not a perfect solution,” says Anderson. “We hope our project will help pave the way for permanent solutions to this huge access issue.”

3

MORE ACCESSIBLE MENTAL HEALTH CARE

Challenge Low-income Canadians are 10 times more likely to report unmet health-care needs due to the cost of transportation, lack of childcare and difficulty getting time off work to attend necessary health appointments, according to the Canadian Medical Association.

Solution **STELLA'S PLAYROOM.** This in-hospital supervised childcare centre at Toronto's Women's College Hospital allows children to play while their families attend a health-care appointment.

Cost to you **FREE**

Imagine a mother experiencing postpartum depression who has to cancel a therapy appointment because she couldn't find a caregiver for her children. This scenario was a reality at Women's College Hospital, says Marilyn Emery, president and CEO. “We identified a lack of childcare options as a barrier to care,” she says. While the hospital was planning a new facility, staff decided the addition of a short-stay childcare service was a priority. The result is Stella's Playroom, a play zone for children up to 12 years of age. Operated by a registered early-childhood educator, the free service can be booked by appointment, space permitting.

New

This spring

Get back to
doing the things
you love

“I have suffered from a stuffy nose feeling from my allergies for the last 15 years. This is the first treatment to ever provide me with relief.”
Karin, Toronto



Say goodbye to your sneezing and runny nose this allergy season.

Bionette™ effectively relieves hay fever and allergic rhinitis without drugs or side effects. Bionette reduces nasal inflammation caused by tree, grass, flower and ragweed pollens, spores, moulds, dust, animal dander, and other airborne sources of nasal inflammation.

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Challenge About 750,000 Canadians are living with Alzheimer's disease or dementia—and at least 60 percent of those people will wander at least once, putting their health, and sometimes their lives, in danger.

Solution ARDEN SMARTBAND. The tracking bracelet sends a signal to your smartphone to pinpoint a person's location.

Cost to you About **\$185** for the Smartband, plus the cost of monthly cellular data.

Midi the dog has been known to wander off at venues where her owner, singer Jann Arden, is performing. Concerned about her safety, Arden contacted software developer Derek Sheldon, and he had the solution: a silicone-rubber collar that, via satellite and SIM-card technology, would track the dog's location and send a signal to a smartphone app. Soon after they started a campaign on the crowd-funding site Indiegogo, Arden realized there was a need for a wearable tracking bracelet for humans. “We had thousands of emails within the first week,” she says. “People were saying: ‘I need this for my parent.’ ‘My mom wanders.’ ‘My dad's got dementia.’ ‘I need this for my son who's autistic.’” Since then, nearly \$30,000 has been raised to launch the Arden Smartband and the Arden Collar through Indiegogo. The products will be available for purchase in October.



CHARITABLE DINING

The Mealshare concept is simple: You dine at one of the partner restaurants and order a dish with the Mealshare logo. Just like that, you've donated enough from the cost of your menu item to help a local partner charity and an international cause (Save the Children Canada) provide one meal to a person in need in Canada or internationally. “Buy a meal, give a meal! For a customer, it's a super-easy way to get involved in the community,” says cofounder Jeremy Bryant, who brainstormed the concept with his cousin Andrew Hall as a way to help address food insecurity in their hometown, Calgary, and around the world. “It doesn't take any extra work,” explains Bryant. “You get to go out to an awesome restaurant—local, independent, cool places—enjoy your meal and, because you're eating something with a Mealshare logo, you're getting your good deed done as well.” Since July 2013, Mealshare has provided more than 200,000 meals. Partner restaurants are located in Victoria, Vancouver, Edmonton, Calgary, Lethbridge, Alta., Toronto and Halifax, as well as a handful of smaller communities. You can find one near you at mealshare.ca.

Challenge In 2012, four million Canadians experienced food insecurity, meaning they lived in households that struggled to afford the food they needed.

Solution MEALSHARE. For every meal you purchase from a partner restaurant, this registered nonprofit organization provides one meal to someone in need.

Cost to you **ONE MEAL OUT**



FOR MORE BRIGHT IDEAS THAT WILL AMP UP YOUR HEALTH AND WELLNESS LEVELS, GO TO canadianliving.com/healthtech.



Because I am a girl, I'll watch my brothers go to school while I stay home. I'll eat if there's food left over when everyone is done. I'll be the poorest of the poor.

And yet ... because I am a girl, I'll share what I learn. I'll be the heart of my community. I'll pull my family out of poverty if you give me the chance. I'll take what you invest in me and uplift everyone around me.

Because I am a girl,
I can change the world.

Join Plan Canada's movement supporting girls' rights in the developing world at becauseiamagirl.ca



Plan to change the world

More than half of Canadians are caring for children at home at the same time as their own parents start to ail. It's exhausting, and the risk of burnout is real. Here's how to cope. **BY TRALEE PEARCE**

THE FAMILY Squeeze



You need an hour to **finish that work report**. You desperately need to **do a grocery shop**. It's your turn to **do the day-care pickup**. Oh, and **your mom really needs your help** getting to a doctor's appointment.

Even the most organized member of the so-called sandwich generation can feel as though she's coming up short in just about every race she's running. A recent national survey found that 55 percent of Canadians aged 45 to 64 are juggling the care of children at home along with the increased demands of aging or ailing

parents. And experts say that, despite the pressures, caregivers soldier on, putting their own health in danger. (Family caregivers of Alzheimer's patients, for instance, suffer high rates of depression and significantly reduced immune function.) Are you feeling the squeeze? Here are a few fresh approaches.

55%

of Canadians
aged 45 to 64 are
juggling the
care of children
at home and aging
or ailing parents.

Know your motivation

Caregiving isn't an easy job, says Nira Rittenberg, an occupational therapist who runs support groups for the families of patients at Toronto's Baycrest Health Sciences, a hospital focused on geriatric care. Ask yourself if you are helping or visiting your parent out of love or duty. Your answer will help you frame your journey and reduce any feelings of guilt. "Don't torture yourself if you can't conjure the same emotions or feelings," she says. As Françoise Mathieu, director of Compassion Fatigue Solutions, a consulting firm in Kingston, Ont., puts it: "We weren't all born to be Florence Nightingale. The caregiver role is often thrust upon us. Just because someone's aging mother or father is ill doesn't mean we had a healthy relationship with them in the past, or that they are nice or easy people to deal with." Also, before you waste too much energy wondering why a sibling isn't lifting a finger to help, accept the fact that not all family members will have the motivation you do. Rittenberg has told clients, in the context of sharing the caregiving, to think of themselves as only children—just go ahead and do your part. "Changing someone else along the way? It's not going to happen."

Do your research

Educating yourself on your parent's condition, whether it's an illness or an issue related to old age and its effects on daily life is helpful, says Rittenberg. This can make uncomfortable visits less upsetting and inspire more realistic expectations for all. "It's not such an easy task to reverse roles with a parent and also to suddenly be dealing with issues that are not typical to the relationship you knew." To that end, you may learn that, as a dementia or dialysis patient, your parent may have more energy and be more alert for a visit at a specific time of day.

Less can be more

Many people overvisit parents with conditions such as dementia, says Rittenberg. Aim for short and focused rather than prolonged and tiring. "Don't wait for the visit to deteriorate because of fatigue, illness or dwindling patience," she says. Try

for more frequent half-hour pop-ins during the week instead of a marathon visit every weekend.

Focus on an activity

Rather than engaging in small talk, take a photo album or board game to connect over. Sharing a leisurely lunch or giving Mom a manicure may provide a more meaningful connection than running around getting groceries. If a loved one is mobility-impaired, a wheelchair-assisted outing to a museum may be less work—and more delightful—than keeping him or her entertained at home. And regardless of the activities you choose, ditch the smartphone and be present.

Put yourself first

Mathieu cringes at much of the generic self-care advice she's heard, especially when she herself has been in a caregiving role. "Being told to eat more kale and do more yoga can be difficult to hear when pressed for time and overwhelmed with caregiving duties," she says. Do what feels best for you to destress, like indulging in a favourite pastime. Or arrange a playdate for your children at a friend's house to buy you a few hours to recharge.

It's OK to say no

You simply can't be in two places at once, so it is fine to say no to others placing demands on your time, says Karen Cleveland, etiquette expert in Toronto. "By being honest about your commitments and politely declining where you have to," says Cleveland, "you gain not only precious time in your schedule but also some autonomy and the feeling that *you're* driving your schedule, instead of vice versa."

Share and delegate responsibilities

This one might be the toughest because it takes time to focus on how others might help. The family member who has no bedside manner can pick up the slack in ways other than caregiving, such as preparing meals. Your teens can mow the lawn. Out-of-town siblings can financially chip in for housecleaning or grocery-delivery services. Many caregivers rely on a shared online schedule, such as Google Calendar, to help them farm out medical appointments, chores and visits and to minimize phone tag.

Bring backup

Don't dismiss the possibility that your friend who makes the mean casserole may also be great as a special guest at the nursing home or hospital, says Rittenberg. She'll have new stories for your loved one and can allow you to play second fiddle. And because she's less invested emotionally, she'll be less vulnerable to family dynamics and may actually lighten up any tension by being there.


Reach out for help

It's possible to have moments you're not proud of, like thinking, I wish Mom would eat faster, during a visit. "We can feel tremendous shame. But these thoughts are natural," says Mathieu. When it's a red flag: if you're practising "subtle neglect," such as leaving a loved one in a bath alone for a little too long or mocking him, or if you're self-medicating the stress away with alcohol, pills or other crutches. "When you're burned out, you may watch too many hours of Netflix or shop. We all know in our heart of hearts when it's tipped over into numbing out." Don't be afraid to seek help. At Baycrest Health Sciences, for instance, there are therapists and social workers who specialize in the area of caregiver fatigue and can provide counselling, education and referrals to help alleviate burnout. Ask about support groups and other resources through community care networks or your province's ministry of health, or visit resource sites such as Rittenberg's compassionfatigue.ca. Remember, caregivers need care, too. ●



the forgotten kettle

a sign your aging parent needs help



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TO BREAK

YOUR ULTIMATE Laundry Guide

These style-savvy and time-saving strategies will help you tackle that mountain of dirty clothes.

BY BRETT WALTHER & ROBIN STEVENSON

PRESORT AND PRETREAT

It seems like a no-brainer, but this two-step laundry strategy is a total game-changer.

1 One pile for lights and one for darks, right? Nope. “Ideally, you should have categories by fabric, too,” says Melissa Maker, host of YouTube’s popular channel Clean My Space. “Lights—white, beige, light grey—colours, darks, delicates, jeans, towels and linens should each have their own cycle.” If you feel your whites (undershirts and underwear) need to be washed in hot water, they can be done separately. Once you stop lumping items together, you’ll prevent colours from bleeding, reduce lint transfer and prevent pilling, all which make your clothes look worn.

2 Removing a stain is easiest when it’s fresh. Stash a pretreating stain-remover stick/spray (read the directions first) beside the laundry hamper to get a leg up on stains at the end of each day, if you can.

No chance? All is not lost, but know that set-in stains may require more effort. “Time and temperature are a stain’s worst enemies, so presoak it for up to six hours,” says Michael Vercelletto, group product manager for OxiClean Stain Fighters. In a large bucket or sink, dissolve an all-purpose stain remover like OxiClean with the amount of water suggested, then submerge the item. Use the hottest temperature recommended by the garment’s care label. “If you have an item that should only be washed in cold water, dissolve the product first in hot water, then add the mixture to cold water,” says Vercelletto.



Gabrielle laundry set, \$526, potterybarn.com.

Put the Walls to Work

In a space-strapped home where the laundry area co-opts a corner of the kitchen, bathroom or mudroom, there’s often no place to go but up. That’s what makes this wall-mounted rail-and-peg system such a smart investment: Complete with hanging shelves, canvas hamper and drying rack, it’s a one-stop laundry supply station that takes up no floor space.

Neatfreak Quad laundry sorter, \$53, canadiantire.ca.



DIVIDE AND CONQUER

Sorting clothes in advance can save a lot of time in the laundry room. When one of the hampers in this rolling rack gets full, simply lift it out and tip the contents directly into the washer.



WE TRACKED DOWN SIX LAUNDRY HAMPERS THAT ARE TOO HANDSOME TO HIDE AWAY. CHECK THEM OUT AT canadianliving.com/hampers.

TREAT YOURSELF TO A ROOM WITH A VIEW

The scenery outside serves as a welcome distraction from laundry duty, so Alcorn limited window treatments to a simple fabric valance.

Counter Measures

The moisture in a laundry room can be tough on countertops, which is why durability should be the key consideration when choosing a surface material. For this laundry room reno, Toronto designer **JO ALCORN** opted for a hard-wearing laminate that mimicked the look of natural stone. "Laminates have come a long way in terms of style," says Alcorn. "They're practical, water-resistant and an affordable alternative to granite and marble."



INTEGRATE THE APPLIANCES

To give the new washer and dryer the polish of a built-in on a modest budget, Alcorn extended the laminate countertop over both appliances. The resulting surface makes an ideal workstation for folding clothes the moment they're pulled from the dryer.

Design, whitewashco.ca. Laminate countertop, belanger-laminates.com.

Washer and dryer, whirlpool.ca. Cabinetry, cutlerkitchenandbath.com.

Sink faucet, deltafaucet.ca. Accessories and artwork, bouclair.com.

Wexford Fog 30GY 40/029 paint (on walls), cil.ca.

PICK PROBLEM- SOLVING APPLIANCES

These overachieving machines go beyond basic washing and drying to iron out specific laundry room wrinkles.

PROBLEM

Your ductwork is nowhere near the place you want to put your dryer.

SOLUTION

A nonventing dryer

Because it dries clothes at a low temperature, Bosch's Axxis 24-inch condensation dryer doesn't need to vent outdoors. This makes for a uniquely mobile machine that can be installed anywhere in your home. \$1,499, bosch-home.ca.



PROBLEM Your upper-floor laundry room shakes the whole house.

SOLUTION A rattle-reducing washer

Samsung's 9100 front-loading washer boasts the largest drum capacity in the biz, but it's surprisingly graceful for its size. Fitted with noise-reduction technology and a sensor that minimizes vibration even at high spin speeds, it's designed to be easy on the ears—and your floors. \$1,900, samsung.ca.



WIN
THIS LG
LAUNDRY
PAIR!

PROBLEM Storage space for your laundry supplies is at a premium.

SOLUTION A washer with a detergent reservoir

Empty your detergent bottles directly into GE's XLTL high-efficiency top-loading washer, then drop them into the recycling bin. The washer's built-in reservoir holds up to two months' worth of detergent, and the SmartDispense system automatically releases the right amount of soap per load. \$1,649, geappliances.ca.



PROBLEM You had your last washing-machine repairman on speed-dial.

SOLUTION An appliance that can diagnose itself

Usually, when something goes wrong with an appliance, it takes two pricey visits from a technician to get the job done: First to suss out the problem, then to return with the proper parts to fix it. LG's Ultra Large Capacity TurboWash Washer and Electric SteamDryer save precious time with NFC Tag On technology that delivers a self-diagnosis directly to your smartphone. Not only does the relevant app suggest a quick fix but it also allows you to monitor the status of both appliances and will even tell you when it's time to clean your machines. Washer, \$1,500, and dryer, \$1,400, lg.com.



"Although the retail price of a new washer and dryer is an important factor in your purchase, you should also consider the 'second' price tag: the operating costs over their lifetime. Consult Natural Resources Canada's interactive energy-cost calculator for new appliances at nrcan.gc.ca."

—BRETT WALTHER, HOME & GARDEN DIRECTOR

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Clean Team: Fab Laundry Helpers

Recommended for all types of stains, from chocolate to coffee. Apply directly, then launder as normal. *The Laundress Stain Solution*, \$22, well.ca and amazon.ca.

Rub this scented soap along shirt collars to remove tough stains. *J.R. Watkins Castile Soap*, \$6 each, jrwatkins.com.

Available this month! This low-sudsing detergent is designed to rinse cleanly in a single cycle. *Tide HE Turbo*, tide.ca.

Soaking with this chlorine bleach-free stain remover revives dingy whites. *OxiClean MaxForce White Revive*, \$11, oxiclean.ca.

STAIN-BUSTING ENZYMES

Blood and grass are protein-based stains. Choose a detergent or stain remover containing protease, a natural biodegradable protein that will break down these complex stains.

HOW TO BLAST AWAY FIVE COMMON STAINS

1 Blood Soak fresh stains in cold water (warm water will set the protein), then launder. For set-in stains, pretreat or presoak in an enzyme-based stain-removal product, then launder.

2 Red wine Pour cold water through the back of the stain and blot with a clean cloth. Next, sprinkle the stain with table salt, let sit for three minutes, then rinse again with cold water. Finally, pretreat with stain remover, then launder.

3 Grass Work liquid laundry detergent into the stain, then launder. If the stain remains, apply an enzyme-based stain remover, then launder.

4 Ink Place the stain facedown on a paper towel and dab the back of the stain with a cotton swab dipped in rubbing alcohol, replacing the paper towel frequently. Rinse thoroughly with cold water, then launder again.

5 Cooking oil/salad dressing Shake cornstarch onto the stain to sop up the oil. Scrape off the excess and rinse with cold water. Pretreat with a stain remover, then launder.

GAME READY

WITH HEATHER AND MARTIN ST. LOUIS

We had the chance to sit down with NHL® great and Olympic gold medalist Martin St. Louis and his wife Heather while they were in Toronto recently. Here are the top things that Heather and Martin St. Louis need to be game ready.

Crest

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MY DAY STARTS WITH
Coffee.

FAVORITE FAMILY TIME

Other than dinner, family time typically involves some form of physical fitness. We try to bike ride or play tennis as a family whenever Martin's schedule allows.



MY FITNESS REGIMEN

We have always shared a commitment to being physically fit. Once lunches are made and the kids are at school, I'm out walking the dogs, taking a fitness class or going for a long run.



MUST HAVE

Lip balm. As far as my day-to-day beauty regimen is concerned, I'm pretty low maintenance. But if you ask anyone who knows me, I'm never without my lip balm.



MY DAY STARTS WITH
Coffee.



FAVORITE FAMILY TIME

Every summer we take the boys back to Quebec. I think it's important for them to spend time with my family and see where I grew up.



MY FITNESS REGIMEN

I've always loved working out. Obviously it's an important aspect of me being a professional athlete, but I really do enjoy it. Weights, cardio – it's a ritual for me.



MUST HAVE

Crest® SENSI-RELIEF™. I suffer from tooth sensitivity, especially from anything cold. Irony since I spend so much time on the ice. Brushing with Sensi lets me worry about the cold less, and focus on the game more.



Crest® Sensi-Relief™ fights cavities and tooth sensitivity.



Sarah Tam, SDM Pharmacist

Families like Heather & Martin's rely on Shoppers Drug Mart to have the latest products to keep them on their "game". Clinically-proven Crest Sensi-Relief is a good example. It builds protection against sensitive tooth pain so that you can be at your best throughout the day.

Available at
**SHOPPERS
DRUG MART**



SMART SPACE

OPT FOR OPEN SHELVING

A stack of floating shelves is a cost-conscious alternative to upper cabinetry and provides the opportunity to add a few decorative flourishes. Line them with baskets and bowls to serve as catchalls for loose change, receipts and everything else that's pulled from pockets before clothes are tossed into the wash.

CREATE A
HOLDING ZONE

There's no rush to iron freshly cleaned clothes in this house! When shirts that need pressing come out of the dryer, they're hung from this rod to prevent further wrinkling.

SHOWCASE YOUR SUDS

Detergent boxes are designed to stand out in a store aisle but look less than sophisticated in your home. To make them worthy of display on open shelves, transfer powdered soaps from their original packaging into pretty glass apothecary jars.

Make the most of your laundry room's reno by considering other ways you could use the space. An avid gardener, Surrey, B.C., designer **LISA MOODY** tailored her laundry room to serve double duty as a staging area for freshly cut floral arrangements.

Design, grapevinedesigns.ca. Cabinets and cabinet hardware, ikea.ca. Blizzard 2141 quartz countertops, caesarstone.ca. Washer and dryer, lg.com. Tile flooring, olympiatile.com. Open shelving, ADM Woodwerks. Lantern, robertabbey.com. Collingwood OC-28 paint (on walls), benjaminmoore.ca.

Multipurpose Marvel





NO WINDOW? NO PROBLEM!

Create your own inspiring vista with a favourite landscape photo blown up and framed as art.

CHANNEL COMMERCIAL-GRADE CHIC

There's no two ways about it: An industrial-looking spring-loaded faucet means business. The flexible hose allows complete control over the direction of the spray, making it ideal for spot-treating and rinsing suds down the drain. *Faucet, canada.hudsonreed.com.*

SPLURGE ON THE SINK

Invest in a double basin so you can hand-wash delicates on one side while treating stubborn stains to a presoak on the other. *Sink, ikea.ca.*

Canada's first Energy Star-certified dryer!

Get Into the Swing of Things

Before you commit to a new front-loading washer and dryer, consider the configuration of their doors. In a side-by-side installation, the doors should swing outward, opening away from each other, which makes it a cinch to toss wet clothes from the washer into the dryer.



3 LAUNDRY MISTAKES (THAT ARE EASY TO FIX)

1 Not turning clothes inside out Garments age faster when they rub against rougher fabrics of other items in the load. And clothes are not just dirty on the outside. "Sweat and the accumulation of dead skin cells means the inside of jeans can be as filthy, or filthier, than the outside," says Mary Begovic Johnson, P&G fabric care principal scientist.

2 Overloading the washer The size of today's front-loading machines is deceiving—it only looks like there's room for two dozen towels. Don't fill the washer to capacity, since clothes need room to move to allow water and detergent to reach the fabrics to clean them. If the water gets too dirty, the dirt will simply be redeposited onto garments, making them appear grey and dingy, says Begovic Johnson.

3 Using the wrong amount of detergent Use the recommended amount of detergent for the size of your load. If you use too much, your clothes may come out with a sudsy residue. Use too little and you'll have clothes that aren't completely clean. Single-load detergent packs can make measuring easier. Extra-large or heavily soiled loads may require two packs. Own a high-efficiency machine? Be sure to choose a low-sudsing detergent.

SERIOUSLY, WHERE ARE MY MISSING SOCKS?

Washing machines and dryers do not eat socks. "It isn't possible," says Whirlpool senior brand manager Gina Flinton. Socks, however, do find their way into pant legs, shirtsleeves and the corners of fitted sheets. Look under, beside and behind your laundry appliances, too. Hanging a mesh delicates bag next to each person's hamper is the simplest way to keep your pairs together, says Melissa Maker, host of YouTube's Clean My Space. "I get mine at the dollar store. I put all my socks into the bag, close it and toss the bag into the wash."

These clothespins resist winds up to 100 kilometres per hour!

Tired of fussing with clothespins? This clever clothesline automatically clips and unclips garments as you reel them out. *Cord-o-Clip* 50-foot clothesline, \$130, canadiantire.ca.

HELP! I'VE ALREADY LAUNDERED A SHIRT WITH A STAIN!

Don't panic. "If you find a stain after it has gone through the dryer, all it means is that it will be tougher to remove," says stain-removal expert Michael Vercelletto of OxiClean. "You'll want to pretreat it with a stain remover and give it a long presoak." If a stain just won't come out, don't fight it. Instead, hide it.

1. **Tie-dye cotton T-shirts.**
2. **Apply a colourful iron-on patch.**
3. **Upcycle pants** with stained knees by cutting the fabric just above the stain. Voilà: shorts!



HAVE A BALL

They may not look like much, but these pure-wool balls are the best thing that's ever happened to your dryer. Designed to last for years, they slash drying time and energy usage by absorbing moisture and serve as an effective substitute for fabric softener. You may never need to buy dryer sheets again. *Über Cool wool* dryer balls, \$29 per pair, williams-sonoma.com.

Place a bucket beneath this clip-happy octopus so any closet can become a clothes dryer. *Pressa* hanging dryer, \$6, ikea.ca.

Lessen the Load on Your Dryer

Dryers have always been the power-hungry half of the laundry pair. In fact, electric dryers account for more of our household energy use than any other appliance. Although this spring sees the launch of Canada's first Energy Star-rated dryer (see page 77), air-drying remains the most economical—and environmentally friendly—option. Here are three innovative air-dryers that will make you think twice before hitting the on switch.

Perfect for a pint-size condo, this sturdy rack folds flat for easy storage. For *Living* clothes dryer with hanging bar, \$70, canadiantire.ca.

Gain fan Caitlin says:

“It leaves a fresh
scent on your
washed clothes for
days! Totally easy to
use, just pop them
in and leave.”

Gain flings! are
#MusicToYourNose



3 IN 1 | Gain +  + 
DETERGENT

Like any household detergent, keep away from children.

PRESS LESS

Hate ironing? These tips will help keep wrinkles at bay.

Shake it out

After you take a garment out of the wash, give it two or three hard snaps to prevent it from balling up. Place the item into the dryer or hang it to dry.

Don't overload

Jamming clothes into the dryer prevents proper tumbling, causing clothes to dry slower and wrinkle.

Time it right

Wrinkles form when clothes sit in the dryer, even for a short time. As soon as the drying cycle ends, remove the load, then fold or hang the items while they're still hot.

Add moisture

To steam out wrinkles if clothes have sat in the dryer for too long, add one piece of clean, damp laundry, then run the dryer on the medium-heat (permanent press) setting for 10 minutes.

Iron It Out

Like a fresh crisp look? Invest in a good-quality steam iron. Those with variable temperature and steam settings will smooth a wider variety of fabrics. Irons with a higher wattage are generally pricier but will heat up faster and maintain their temperature better. Here are three picks for every budget.



The durable nonstick soleplate glides easily over fabrics while the convenient shot-of-steam feature removes stubborn wrinkles. *Sunbeam Classic Iron (1,200 W), \$28, sunbeam.ca.*

This iron provides a constant surge of steam power to penetrate fabrics from shirts to drapes. *Rowenta Perfect Steam Station (1,750 W), \$360, rowenta.ca.*

This model features variable steam settings and a vertical steam option for removing wrinkles from hanging garments. *T-fal EasyCord FV4456 (1,700 W), \$75, t-fal.ca.*



LOCATION, LOCATION, LOCATION

Iron where it makes the most sense for your lifestyle, whether it's your laundry room or in front of the television. A freestanding ironing board can be stored or hung in a bedroom closet for quick touch-ups in the morning.

Fold Like the Pros

You don't need a degree in merchandising to master the art of precision folding. Use this simple garment-folding template for tidy stacks that wouldn't look out of place on the shelves of a high-end shop.



Plio Clothing Pilers, \$20 per pack of seven, bedbathandbeyond.ca.

Modern *living*

Downtown living may mean closer quarters, but you don't have to sacrifice an inch of style or comfort. Keep your modern, sophisticated style and boost your small-space savvy with these inspired furniture strategies.



Soft Options

An upholstered ottoman can serve as extra seating when those unexpected guests crash your cocktail party.

LESS IS MORE

A little pattern goes a long way in a small space, so save the bold prints for a statement-making occasional chair and pillows. Choose timeless, trend-proof fabrics for larger upholstered pieces, like sofas and loveseats.

CLEAR WINNERS

Counter the visual weight of a sofa by pairing it with a series of barely-there accent tables. Glass-topped, open-based coffee and side tables are an airy alternative to solid wood, and a mirrored chest contributes to the sense of openness, creating the illusion of extra space.

COLOUR CUES

A cohesive colour palette is important in any home, but absolutely critical when the square footage slips below four figures. Consider using a multi-hued area rug as a jumping-off point for your room's colour scheme, pulling individual colours from the pattern as upholstery fabric for key furnishings.

LONG DIVISION

Carve zones out of open-concept layouts with eye-catching area rugs. It's a subtler way of defining the boundary between a shared living/dining room than a folding screen or piece of furniture.

TUFT LOVE

Button-tufting is an elegant design detail that brings depth and interest to an expanse of solid-colour upholstery.

Nail the Scale

Choose an area rug large enough that it extends beyond the front legs of the sofa and surrounding chairs.



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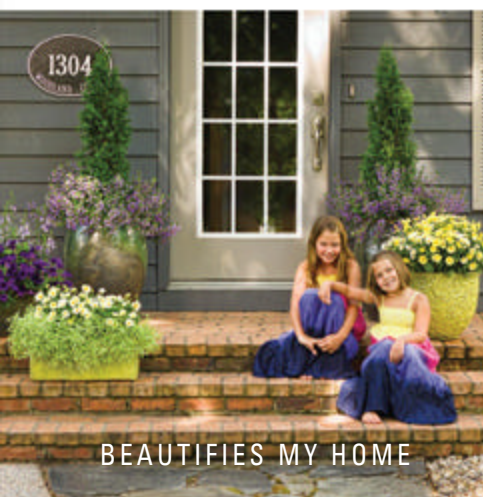
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FOOD

DECADENT DESSERTS | EASTER FEAST | LEFTOVER LOVE



Sweetest SPRING

These six spectacular desserts will bring seasonal splendour to your next celebration.

BY LEAH KUHNE & THE TEST KITCHEN

Speckled Easter Egg
Chocolate Cake, p. 84

PHOTOGRAPHY: JEFF COULSON, FOOD STYLING: HEATHER SHAW, PROP STYLING: LAURA BRANSON

SPECKLED EASTER EGG CHOCOLATE CAKE

Hands-on time: 1¼ hours

Total time: 4 hours

Makes: 16 servings



Brilliant blue icing and a fun speckled effect make this show-stopping chocolate cake look like a robin's egg. For best results, practise your speckling technique on waxed paper before tackling the cake. The speckling can get a little messy, so protect the cake plate with strips of waxed or parchment paper.

Cake:

1 cup butter, softened
1½ cups granulated sugar
2 eggs
1 tsp vanilla
2 cups all-purpose flour
½ cup cocoa powder
1 tsp each baking powder and baking soda
¼ tsp salt
1½ cups buttermilk

Icing:

1½ cups butter, softened
½ cup whipping cream (35%)
1 tbsp vanilla
4 cups icing sugar
100 g milk chocolate (about 3½ oz), melted
blue paste food colouring

Garnish:

2 tbsp vanilla
2 tsp cocoa powder
18 mini candy-coated chocolate eggs
1 flaky chocolate bar (such as Cadbury Flake), crumbled, or ¼ cup chocolate shavings

Cake: Grease two 9-inch (1.5 L) round cake pans; line bottoms with parchment paper. Set aside.

In large bowl, beat butter with sugar until fluffy. Beat in eggs, 1 at a time. Beat in vanilla. In separate bowl, whisk together flour, cocoa powder, baking powder, baking soda and salt; stir into butter mixture, alternating with buttermilk, making 3 additions of flour mixture and 2 of buttermilk. Scrape into prepared cake pans, smoothing tops.

Bake in 350°F (180°C) oven until cake tester inserted in centres comes out clean, 30 to 35 minutes. Let cool completely in pans. (*Make-ahead: Wrap each in plastic wrap; refrigerate for up to 24 hours. Alternatively, overwrap in foil and freeze for up to 2 weeks.*)

Icing: While cake is cooling, in large bowl, beat butter until fluffy. Gradually beat in cream. Beat in vanilla. Beat in icing sugar, one-quarter at a time. Remove 1 cup of the icing to small bowl and stir in chocolate. Using food colouring, tint remaining icing robin's egg blue. Cover both icings with damp towels (to prevent drying out); set aside.

Assembly: Invert cakes from pans; peel off parchment paper. Cut cakes in half horizontally to make 4 layers. Place 1 bottom layer, cut side up, on cake plate; slide strips of waxed paper between edge of cake and plate (to keep plate clean). Spread one-third of the chocolate icing over cut side; top with second cake layer, cut side down. Spread another third of the chocolate icing over top. Repeat with remaining cake layers and chocolate icing, leaving top of stack bare.

Using offset palette knife, spread thin layer of the blue icing all over cake to seal in crumbs; refrigerate until firm, about 30 minutes. Using palette knife, spread remaining blue icing all over cake. Refrigerate for 30 minutes.

Garnish: In small bowl, whisk vanilla with cocoa powder. Dip small stiff pastry brush into cocoa mixture; standing in front of cake and holding brush upright in 1 hand and wooden spoon in opposite hand, tap brush handle against handle of spoon to create speckled pattern on cake. Repeat with remaining cocoa mixture until cake is speckled all over. Refrigerate until set, about 30 minutes. Discard waxed paper strips. Arrange chocolate eggs in clusters on top of cake; surround each cluster with chocolate flakes to resemble nests.

PER SERVING: about 551 cal, 5 g pro, 34 g total fat (21 g sat. fat), 62 g carb (2 g dietary fibre, 48 g sugar), 105 mg chol, 367 mg sodium, 181 mg potassium.
% RDI: 7% calcium, 11% iron, 27% vit A, 14% folate.

TIP FROM THE TEST KITCHEN

Using the tip of a toothpick, stir the food colouring into the icing one speck at a time until it reaches your desired shade of blue.

MINI CARROT CAKE TRIFLES

Hands-on time: 1¼ hours

Total time: 16¾ hours

Makes: 12 servings

Scrumptious layers of carrot cake, pineapple, candied walnuts and a luscious cream cheese custard make these tiny trifles a must-try for carrot cake lovers. Make them a day ahead and simply add the garnish before your guests arrive.

Cream Cheese Custard:

6 egg yolks
3 cups milk
¾ cup granulated sugar
¼ cup cornstarch
1 pkg (250 g) cream cheese, cubed and softened
1 tsp vanilla

Carrot Cake:

2 cups all-purpose flour
2 tsp each baking powder and cinnamon
¾ tsp salt
½ tsp each baking soda and nutmeg
3 eggs
¾ cup each granulated sugar and packed brown sugar
¾ cup vegetable oil
1 tsp vanilla
2 cups grated peeled carrots (about 2 large)
¼ cup packed brown sugar
2 tbsp butter
¼ tsp cinnamon
1½ cups walnut halves
1 can (400 mL) pineapple chunks
2 tbsp granulated sugar
1 cup whipping cream (35%)

Cream Cheese Custard: In large bowl, whisk together egg yolks, ½ cup of the milk, the sugar and cornstarch. In heavy-bottomed saucepan, heat remaining milk and three-quarters of the cream cheese over medium heat, whisking, just until smooth and bubbles form around edge; gradually whisk into egg yolk mixture. Return to saucepan; cook over medium heat, stirring, until thick enough to mound on spoon, 6 to 8 minutes. Strain through fine-mesh sieve into clean bowl; stir in vanilla. Place plastic wrap directly on surface. Refrigerate until chilled, about 4 hours. (*Make-ahead: Refrigerate for up to 24 hours.*)

Carrot Cake: While custard is chilling, in large bowl, whisk together flour, baking powder, cinnamon, salt, baking soda and nutmeg. In separate bowl, beat together eggs, granulated sugar, brown sugar, oil and vanilla; stir into flour mixture just until moistened. Stir in carrots. Scrape into 2 parchment paper-lined 8- x 4-inch (1.5 L) loaf pans.

Bake in 350°F (180°C) oven until cake tester inserted in centres comes out clean, 40 to 45 minutes. Let cool completely in pans. (*Make-ahead: Cover with plastic wrap; store at room temperature for up to 24 hours.*) Remove from pans; cut into ¾-inch (2 cm) cubes. ●

Use clear glasses so
your guests can admire
the pretty layers!

Mini Carrot Cake Trifles



Creamy Lemon Coconut Macaroon Tart

While cake is baking, in skillet, cook brown sugar, butter and cinnamon over medium heat, stirring, until melted; stir in walnuts. Cook, stirring, until walnuts are toasted and coated, about 4 minutes; let cool slightly. Reserve 12 pieces for garnish; coarsely chop remaining walnuts. Reserving $\frac{1}{2}$ cup of the juice, drain pineapple; coarsely chop.

Assembly: In each of twelve 12-oz ($\frac{1}{2}$ cup) glasses, add scant $\frac{1}{2}$ cup of the cake; drizzle 1 tsp of the reserved pineapple juice into each glass. Top each with scant 1 tbsp of

the pineapple and 2 tsp of the chopped walnuts. Spoon rounded 2 tbsp of the custard into each. Repeat layers once. Cover and refrigerate for 12 hours. (*Make-ahead: Refrigerate for up to 24 hours.*)

Beat remaining cream cheese with granulated sugar until fluffy; slowly beat in cream until stiff peaks form. Spoon over trifles; top with reserved walnuts.

PER SERVING: about 722 cal, 11 g pro, 43 g total fat (13 g sat. fat), 76 g carb (2 g dietary fibre, 54 g sugar), 201 mg chol, 398 mg sodium, 340 mg potassium. % RDI: 18% calcium, 18% iron, 56% vit A, 6% vit C, 34% folate.

CREAMY LEMON COCONUT MACAROON TART

Hands-on time: 30 minutes

Total time: 10½ hours

Makes: 16 servings

Toasting coconut gives it a nutty flavour that pairs nicely with the lemon custard and sweet coconut cream in this tart. If the coconut milk is separated in the can, give it a whisk.

- 2 cups sweetened shredded coconut, toasted
- 2 egg whites
- 1 tbsp cornstarch
- $\frac{2}{3}$ cup sweetened condensed milk
- $\frac{1}{2}$ cup lemon juice
- 3 eggs
- $\frac{1}{2}$ tsp vanilla
- 1 pkg (250 g) cream cheese, softened
- $\frac{1}{2}$ cup coconut milk
- $\frac{1}{2}$ cup icing sugar
- $\frac{1}{4}$ tsp coconut extract

In food processor, pulse $\frac{1}{4}$ cups of the shredded coconut into coarse crumbs. In bowl, whisk egg whites with cornstarch until foamy; stir in coconut crumbs. Press into lightly greased 9-inch (2.5 L) springform pan. Bake in 350°F (180°C) oven until firm, 12 to 14 minutes. Let cool completely.

In bowl, whisk together condensed milk, lemon juice, eggs and vanilla; pour over crust. Bake in 350°F (180°C) oven until set, about 20 minutes. Let cool completely.

In separate bowl, beat cream cheese until smooth. Gradually beat in coconut milk. Beat in icing sugar and coconut extract until smooth. Pour over lemon layer. Refrigerate until set, about 8 hours. (*Make-ahead: Cover loosely with plastic wrap; refrigerate for up to 24 hours.*)

Run knife around edge of tart; remove from pan. Press remaining coconut onto edge of tart.

PER SERVING: about 200 cal, 4 g pro, 13 g total fat (9 g sat. fat), 18 g carb (trace dietary fibre, 17 g sugar), 56 mg chol, 118 mg sodium, 148 mg potassium. % RDI: 5% calcium, 5% iron, 9% vit A, 3% vit C, 5% folate.

TIP FROM THE TEST KITCHEN

To toast the shredded coconut, add to a dry skillet over medium-low heat and cook, stirring often, until golden, about 5 minutes.



POWER TO KEEP YOU ROLLING RIGHT ALONG

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CRUNCH ON

RHUBARB DREAM CAKE

Hands-on time: 1½ hours

Total time: 5¾ hours

Makes: 16 servings

With its pink rhubarb top, this light and fluffy cake is almost too pretty to eat!

Tip: Eggs at room temperature whip up better than cold ones, so take them out of the fridge ahead of time.

Filling:

- 6 cups chopped rhubarb (fresh or frozen)
- 2½ cups granulated sugar
- ¼ cup cornstarch
- ¼ cup lemon juice

Cake:

- 6 eggs, room temperature
- 1 cup granulated sugar
- 2 tsp grated lemon zest
- 1 tsp vanilla

- 1½ cups all-purpose flour
- ½ tsp baking powder
- pinch salt
- ½ cup butter, melted and cooled to lukewarm

Mascarpone Icing:

- 250 g mascarpone cheese, softened
- ¼ cup butter, softened
- ½ tsp vanilla
- 3½ cups icing sugar

Filling: In large saucepan, bring rhubarb, sugar, cornstarch, lemon juice and ¼ cup water to boil over medium-high heat. Reduce heat to medium; simmer, stirring and pressing on rhubarb with back of spoon, until tender, thickened and glossy, about 5 minutes. Strain through fine-mesh sieve into bowl, pressing gently on solids with back of spoon. Place plastic wrap directly on surface; refrigerate until chilled, about 4 hours. (*Make-ahead: Refrigerate for up to 2 days.*)

Cake: While filling is chilling, grease two 8-inch (1.2 L) round cake pans; line bottoms with parchment paper. Set aside.

In stand mixer with whisk attachment, beat eggs on medium-high speed until foamy. Gradually beat in sugar, 2 tbsp at a time, until mixture is thick, tripled in volume, glossy and pale yellow, about 10 minutes. Beat in lemon zest and vanilla. In bowl, whisk together flour, baking powder and salt; fold into egg mixture in 3 additions. (Do not overmix or batter will deflate.) Stir 1 cup of the

batter with butter until smooth; fold back into batter just until combined. Scrape into prepared cake pans, smoothing tops. Bake in 350°F (180°C) oven until cake is golden, pulls away from edge of pan and springs back when surface is gently pressed, 25 to 30 minutes. Let cool in pans for 10 minutes. Invert onto racks; let cool completely. Peel off parchment paper.

Mascarpone Icing: In large bowl, beat mascarpone with butter until smooth. Beat in vanilla. Beat in icing sugar, one-third at a time, until smooth.

Assembly: Remove ½ cup of the filling to small bowl; set aside. Cut cakes in half horizontally to make 4 layers. Place 1 bottom layer, cut side up, on cake plate; slide strips of waxed or parchment paper between edge of cake and plate (to keep plate clean). Spread half of the remaining filling over cut side, leaving ½-inch (1 cm) border. Spread ¾ cup of the icing over second cake layer; arrange, icing side up, over top of first layer. Top with third cake layer; spread remaining filling over top, leaving ½-inch (1 cm) border. Top with remaining cake layer, cut side down.

Using offset palette knife, spread 1 cup of the icing all over cake to seal in crumbs; refrigerate until firm, about 30 minutes. Spread remaining icing all over cake. Spoon reserved filling over top, leaving ½-inch (1 cm) border. Discard waxed paper strips. Refrigerate until firm, about 30 minutes.

PER SERVING: about 439 cal, 5 g pro, 16 g total fat (10 g sat. fat), 71 g carb (trace dietary fibre, 60 g sugar), 99 mg chol, 111 mg sodium, 113 mg potassium. % RD: 7% calcium, 6% iron, 14% vit A, 7% vit C, 13% folate. ●

TIP FROM THE TEST KITCHEN

To keep the cake steady as you apply the crumb-seal coating, insert 4 skewers vertically into the cake. Remove the skewers before adding the final coat of icing.



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A gluten- and dairy-free treat!

LEMON PISTACHIO MERINGUE CRUNCH

Hands-on time: 1 hour

Total time: 5 hours

Makes: 12 to 16 servings

Layered between rich lemon mousse and crunchy pistachios, this meringue dessert makes a great finish to Passover seder. If you prefer, use whipping cream in place of the nondairy topping.

Pistachio Meringue:

- 2¼ cups unsalted shelled pistachios, toasted
- ½ cup kosher pareve confectioner's sugar or icing sugar
- 6 egg whites
- ¾ cup granulated sugar
- pinch salt

Lemon Mousse:

- 2 eggs
- 2 egg yolks
- ⅔ cup granulated sugar
- 2 tbsp grated lemon zest
- ⅓ cup lemon juice
- 1 tsp potato starch or cornstarch
- ¾ cup pareve nondairy whipped topping or whipping cream (35%)

Pistachio Meringue: In food processor, pulse 1½ cups of the pistachios with

the confectioner's sugar until mixture resembles fine crumbs; set aside.

Line 2 large rimless baking sheets with parchment paper. Using 8-inch (1.2 L) round cake pan as guide, trace 3 circles, about 1 inch (2.5 cm) apart, onto parchment paper. (Draw 2 circles on 1 sheet and 1 on the other.) Turn parchment paper over. Set aside.

In large bowl, beat egg whites until soft peaks form. Beat in granulated sugar, 2 tbsp at a time, until stiff glossy peaks form. Beat in salt. Fold in pistachio mixture. Spoon into outlines on parchment paper, spreading to edges and smoothing tops.

Bake in top and bottom thirds of 225°F (110°C) oven, switching and rotating sheets halfway through, until dry and crisp, 1½ to 1¾ hours. Turn off oven; let cool in oven for 2 hours. *(Make-ahead: Store in airtight container in cool dry place for up to 5 days.)*

Lemon Mousse: While meringue is baking, in heavy-bottomed saucepan, whisk together eggs, egg yolks, sugar, lemon zest, lemon juice and potato starch. Cook over medium heat, stirring

constantly, until thick enough to mound on spoon, about 7 minutes. Strain through fine-mesh sieve into bowl, pressing gently on solids with back of spoon. Place plastic wrap directly on surface; refrigerate until chilled, about 2 hours. *(Make-ahead: Refrigerate for up to 2 days.)*

In large bowl, beat whipped topping until stiff peaks form; fold in lemon mixture until combined.

Assembly: Finely chop remaining pistachios; set aside. Place 1 meringue on serving platter; spread one-third of the mousse over top and sprinkle with one-third of the pistachios. Place 1 meringue over top, flat side down. Spread another third of the mousse over top; sprinkle with another third of the pistachios. Repeat with remaining meringue, mousse and pistachios. Refrigerate for 45 minutes before serving. *(Make-ahead: Cover loosely with plastic wrap; refrigerate for up to 12 hours.)*

PER EACH OF 16 SERVINGS: about 216 cal, 6 g pro, 10 g total fat (2 g sat. fat), 27 g carb (2 g dietary fibre, 23 g sugar), 44 mg chol, 30 mg sodium, 213 mg potassium. % RDI: 2% calcium, 6% iron, 3% vit A, 5% vit C, 7% folate.

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1 TSP FINELY CHOPPED FRESH GINGER
MAKES 2 SERVINGS



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FLAKY STRAWBERRY CREAM PIE

Hands-on time: 50 minutes

Total time: 4½ hours

Makes: 8 to 10 servings

A phyllo crust takes the heavenly combination of strawberries and cream to the next level in this pie. Assemble the crust quickly, as the pastry sheets dry out easily.

Filling:

454 g strawberries, hulled and sliced (about 3 cups)

½ cup strawberry jam

¼ cup each cornstarch and granulated sugar

4 tsp lime juice

Crust:

6 sheets phyllo pastry, thawed

3 tbsp butter, melted

2 tsp granulated sugar

Whipped Cream:

1 cup whipping cream (35%)

½ tsp vanilla

Filling: In saucepan, cook strawberries, jam, cornstarch, sugar and lime juice over medium-low heat, stirring often, until thickened, syrupy and strawberries are beginning to break down, about 12 minutes. Strain through fine-mesh sieve into bowl, pressing gently on solids with back of spoon. Place plastic wrap directly on surface; refrigerate until chilled, about 4 hours. (*Make-ahead: Refrigerate for up to 24 hours.*)

Crust: While filling is chilling, place 1 sheet of the phyllo on work surface with long end facing you; keep remainder

covered with damp towel (to prevent drying out). Brush phyllo lightly with some of the butter; sprinkle with one-quarter of the sugar. Top with 1 phyllo sheet; brush lightly with some of the butter. Cut stack into quarters to make 4 rectangles. Repeat with remaining phyllo to make 12 rectangles, keeping finished sheets covered with damp towel when not using.

Press 1 rectangle, butter side down, into 9-inch (23 cm) pie plate, leaving 1 short end hanging over edge by 3 inches (8 cm). Repeat with remaining rectangles, overlapping and going around entire rim. Lift overhanging phyllo over edge of pie plate, gathering and crumpling slightly to make ruffled edge. Brush crust with remaining butter; sprinkle with remaining sugar.

Bake on bottom rack of 350°F (180°C) oven until bottom and edge are deep golden brown, 20 to 25 minutes; if necessary, cover edge with foil to prevent overbrowning. Let cool completely.

Whipped Cream: In bowl, beat cream with vanilla until stiff peaks form.

Assembly: Spoon filling into crust. Spoon whipped cream onto centre.

PER EACH OF 10 SERVINGS: about 243 cal, 2 g pro, 13 g total fat (8 g sat. fat), 31 g carb (1 g dietary fibre, 15 g sugar), 40 mg chol, 111 mg sodium, 99 mg potassium. % RDI: 2% calcium, 5% iron, 11% vit A, 25% vit C, 9% folate. ●

TIP FROM THE TEST KITCHEN

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BY IRENE FONG & THE TEST KITCHEN
PHOTOGRAPHY BY STEVE KRUG



Menu

Pineapple-Glazed Ham

Roasted Asparagus
Salad With
Parmesan Croutons

Twin Peas With
Roasted Garlic Butter

Honey-Lime Carrots
With Cipollini Onions

Slow Cooker
Scalloped Potatoes

Lemon Amaretto
Tiramisu



Pineapple-
Glazed Ham,
p. 96

PINEAPPLE-GLAZED HAM

Hands-on time: 40 minutes

Total time: 5 hours

Makes: 24 to 46 servings

Ham is one of the easiest mains to prepare for a large group, as there's no trussing, stuffing or tricky carving involved. It's a good idea to order the ham from your butcher in advance to ensure that you get the size you need. This recipe yields many servings, so freeze any leftovers to toss into pastas, stir-fries and casseroles in the weeks to come.

3½ cups pineapple juice
1½ cups packed brown sugar
1 piece (3 inches/8 cm) fresh ginger, peeled and sliced
6.5 kg fully cooked smoked bone-in ham

In saucepan, stir together 2 cups of the pineapple juice, the brown sugar and two-thirds of the ginger; bring to boil over medium-high heat. Cook, stirring, until sugar is dissolved, about 5 minutes. Reduce heat to medium-low; simmer, stirring occasionally, until glaze is reduced by half and thick enough to coat back of spoon, about 35 minutes. Let cool slightly, about 20 minutes.

While pineapple glaze is simmering, pour remaining pineapple juice and 1 cup water into roasting pan; sprinkle in remaining ginger. Place ham, fat side up, on greased rack in roasting pan. Cover tightly with foil; roast on bottom rack in 325°F (160°C) oven until instant-read thermometer inserted in centre reads 130°F (55°C), about 4 hours.

Uncover ham; peel off and discard outer skin. Trim fat layer to ¼-inch (5 mm) thickness. Using paring knife, diagonally score remaining fat to make diamond pattern on ham. Brush half of the pineapple glaze over ham.

Roast, uncovered, in 375°F (190°C) oven, brushing with remaining glaze several times throughout (reheat glaze to loosen, if necessary), until glaze is caramelized and golden and instant-read thermometer inserted in centre reads 140°F (60°C), about 30 minutes.

Remove ham to cutting board; cover loosely with foil. Let rest for 15 minutes before carving.

PER EACH OF 46 SERVINGS (100 g): about 248 cal, 19 g pro, 15 g total fat (5 g sat. fat), 8 g carb (trace dietary fibre, 9 g sugar), 55 mg chol, 1,059 mg sodium, 279 mg potassium. % RDI: 1% calcium, 6% iron, 3% vit C, 2% folate.

ROASTED ASPARAGUS SALAD WITH PARMESAN CROUTONS

Hands-on time: 25 minutes

Total time: 1 hour

Makes: 16 servings

Tarragon lends this elegant salad a subtle licorice flavour and is a stellar match for spring-fresh asparagus and Parmesan-crusted croutons. Toss the salad with the dressing at the very last minute to keep the greens from wilting.

Lemon-Tarragon Dressing:

¼ cup lemon juice
4 tsp each Dijon mustard and liquid honey
1 small clove garlic, minced
¼ tsp each salt and pepper
⅓ cup extra-virgin olive oil
3 tbsp chopped fresh tarragon

Parmesan Croutons:

half baguette (8 inches/20 cm), cut in ½-inch (1 cm) cubes
1 tbsp extra-virgin olive oil
½ cup finely grated Parmesan cheese

Salad:

2 kg asparagus (about 4 bunches), trimmed and cut in 1½-inch (4 cm) lengths
1 tbsp olive oil
¼ tsp each salt and pepper
3 cups grape tomatoes, halved
1 pkg (142 g) baby arugula
1 pkg (142 g) baby spinach

Lemon-Tarragon Dressing: In small bowl, whisk together lemon juice, mustard, honey, garlic, salt and pepper. Gradually whisk in oil. *(Make-ahead: Refrigerate in airtight container for up to 3 days. Let stand at room temperature for 20 minutes, and whisk, before serving.)* Stir in tarragon just before using.

Parmesan Croutons: On parchment paper-lined rimmed baking sheet, toss baguette with oil. Gather together in single layer; sprinkle with Parmesan. Bake in 400°F (200°C) oven until golden, about 12 minutes. Let cool to room temperature; break apart. *(Make-ahead: Store in airtight container for up to 24 hours.)*

Salad: While croutons are cooling, in large bowl, toss together asparagus, oil, salt and pepper. Spread on 2 rimmed baking sheets. Roast in top and bottom thirds of 425°F (220°C) oven, switching and rotating sheets halfway through, until tender, about 15 minutes. Let cool to room temperature. *(Make-ahead: Refrigerate in airtight container for up*



to 24 hours. Let stand at room temperature for 20 minutes before continuing with recipe.)

Assembly: In large bowl, combine asparagus, tomatoes, arugula, spinach and croutons; add dressing and toss to coat. Serve immediately.

PER SERVING: about 116 cal, 4 g pro, 8 g total fat (1 g sat. fat), 10 g carb (2 g dietary fibre, 4 g sugar), 3 mg chol, 194 mg sodium, 309 mg potassium. % RDI: 7% calcium, 10% iron, 19% vit A, 22% vit C, 58% folate.

TWIN PEAS WITH ROASTED GARLIC BUTTER

Hands-on time: 15 minutes

Total time: 1 hour

Makes: 16 servings

Roasted garlic butter adds a modern twist to seasonal peas in this flavourful side dish. If you like, make a double batch of the garlic butter and toss the extra with hot pasta for an easy sauce.

Roasted Garlic Butter:

1 head garlic
1 tsp olive oil
¼ cup butter, softened

Peas:

8 cups whole sugar snap peas (about 750 g), trimmed
4 cups frozen green peas
1 tsp salt
¼ tsp pepper
2 tbsp chopped fresh tarragon (optional)

Roasted Garlic Butter: Slice off top third of garlic head to expose cloves; discard. Place garlic head on small square of foil; drizzle with oil and fold foil over to seal. Roast in 375°F (190°C) oven until tender, about 45 minutes. Let cool slightly. Squeeze cloves into small bowl; stir in butter until well combined. *(Make-ahead: Cover with plastic wrap; refrigerate for up to 2 days. Soften at room temperature for 20 minutes before continuing with recipe.)* ◉

Customize your croutons by using whole wheat or gluten-free bread.

Roasted Asparagus Salad With Parmesan Croutons

• Make-Ahead Plan •

3 DAYS AHEAD

- **Prepare** Lemon-Tarragon Dressing for Roasted Asparagus Salad With Parmesan Croutons up to make-ahead tip

2 DAYS AHEAD

- **Prepare** Roasted Garlic Butter for Twin Peas With Roasted Garlic Butter
- **Prepare** Honey-Lime Carrots With Cipollini Onions up to first make-ahead tip
- **Prepare** Lemon Amaretto Tiramisu up to second make-ahead tip

1 DAY AHEAD

- **Prepare** Parmesan Croutons for Roasted Asparagus Salad
- **Prepare** asparagus for Roasted Asparagus Salad
- **Prepare** Honey-Lime Carrots up to second make-ahead tip
- **Prepare** Lemon Amaretto Tiramisu up to third make-ahead tip

6 HOURS AHEAD

- **Make** Slow Cooker Scalloped Potatoes

5 HOURS AHEAD

- **Make** Pineapple-Glazed Ham

1 HOUR AHEAD

- **Finish** Lemon Amaretto Tiramisu

20 MINUTES AHEAD

- **Bring** Lemon-Tarragon Dressing and asparagus for Roasted Asparagus Salad to room temperature
- **Bring** Roasted Garlic Butter for Twin Peas to room temperature

JUST BEFORE SERVING

- **Finish** Lemon-Tarragon Dressing for Roasted Asparagus Salad; assemble salad
- **Finish** Twin Peas
- **Finish** Honey-Lime Carrots



**Twin Peas With Roasted
Garlic Butter, p. 96**

Peas: In large saucepan of boiling salted water, cook snap peas for 1 minute; add frozen peas and cook until heated through, about 30 seconds. Drain well.

In large bowl, toss together peas, garlic butter, salt and pepper until butter is melted and well combined. Sprinkle with tarragon (if using).

PER SERVING: about 74 cal, 3 g pro, 3 g total fat (2 g sat. fat), 8 g carb (3 g dietary fibre, 3 g sugar), 8 mg chol, 361 mg sodium, 146 mg potassium. % RDI: 3% calcium, 10% iron, 13% vit A, 38% vit C, 14% folate.

HONEY-LIME CARROTS WITH CIPOLLINI ONIONS

Hands-on time: 1 hour

Total time: 1 hour

Makes: 16 servings

This sweet-and-sour side is a convenient recipe when feeding a large crowd because so much of it can be prepared in advance. The onions become delicate after you peel off their skins, so stir and shake the pan very gently until they're softened and golden. If you can't find cipollini onions, substitute with halved pearl onions.

4	bags (each 175 g) cipollini onions
¼ cup	butter
1.5 kg	carrots
2 tbsp	liquid honey
1 tsp	salt
¼ tsp	pepper
1 tsp	grated lime zest
2 tbsp	lime juice

In saucepan of boiling water, cook onions until skins begin to loosen, about 1 minute. Drain and rinse under cold water. Peel onions, trimming root ends if necessary. Cut onions through root end into quarters.

In large skillet, melt one-quarter of the butter over medium heat; cook onions, stirring occasionally and adding 1 to 2 tbsp water, as needed, if onions begin to stick to skillet (about every 4 minutes), until softened and golden, about 40 minutes. (*Make-ahead: Refrigerate in airtight container for up to 2 days.*)

While onions are cooking, peel carrots and cut crosswise on the diagonal into 2-inch (5 cm) lengths. Cut lengthwise into ½-inch (1 cm) thick pieces. In large saucepan of boiling salted water, cook carrots until tender-crisp, about 8 minutes. Drain and transfer to bowl of ice water to chill. Drain and pat dry with



**Honey-Lime Carrots
With Cipollini Onions**

Slow Cooker
Scalloped
Potatoes



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clean towel. (*Make-ahead: Refrigerate in airtight container for up to 24 hours.*)

In large skillet, melt remaining butter over medium-high heat; cook carrots, stirring often, until light golden, about 4 minutes. Stir in onions, honey, salt and pepper; cook, stirring often, just until carrots are tender, about 2 minutes. Remove from heat; stir in lime zest and lime juice.

PER SERVING: about 76 cal, 1 g pro, 3 g total fat (2 g sat. fat), 12 g carb (3 g dietary fibre, 6 g sugar), 8 mg chol, 361 mg sodium, 229 mg potassium. % RDI: 3% calcium, 3% iron, 116% vit A, 8% vit C, 7% folate.

SLOW COOKER SCALLOPED POTATOES

Hands-on time: 30 minutes

Total time: 5½ hours

Makes: 16 servings

Our set-and-forget version of this classic Easter dish is a win-win: Your oven is free to make the holiday ham

and the slow cooker's gentle heat creates incredibly tender and creamy potatoes. You'll need at least a six-quart slow cooker for this recipe.

2.25 kg	yellow-fleshed potatoes, peeled and cut in scant ¼-inch (5 mm) thick rounds
1	bulb fennel, trimmed, cored and thinly sliced
1 tbsp	chopped fresh thyme
3	cloves garlic, minced
2 tsp	salt
½ tsp	pepper
1 cup	whipping cream (35%)
2 tbsp	potato starch
1 cup	shredded Gruyère cheese
3	strips bacon, chopped

In large bowl, gently toss together potatoes, fennel, thyme, garlic, salt and pepper until well combined. In small bowl, whisk cream with potato starch until smooth.

In lightly greased slow cooker, layer half of the potato mixture. Sprinkle with one-quarter of the Gruyère and half of the bacon. Pour in half of the cream mixture. Top with remaining potato mixture, another quarter of the Gruyère and the remaining bacon and cream mixture.

Cover and cook on high until potatoes are tender, about 4½ hours. Turn off slow cooker; sprinkle with remaining Gruyère. Cover and let stand until cheese is melted and some of the liquid has absorbed, about 15 minutes.

PER SERVING: about 206 cal, 6 g pro, 9 g total fat (6 g sat. fat), 26 g carb (3 g dietary fibre, 2 g sugar), 29 mg chol, 367 mg sodium, 828 mg potassium. % RDI: 10% calcium, 9% iron, 7% vit A, 37% vit C, 9% folate.

TIP FROM THE TEST KITCHEN

We've made this dish without gluten by using potato starch as a thickener, but feel free to substitute with all-purpose flour if gluten isn't a concern for your guests.

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LEMON AMARETTO TIRAMISU

Hands-on time: 1 hour

Total time: 13½ hours

Makes: 16 to 20 servings

Amaretto-soaked ladyfingers, fluffy mascarpone cream, tangy lemon curd and sugared almonds—what's not to like about this layered dessert? Make it a day ahead, then top with the whipped cream and almonds just before serving.

1½ cups	sliced natural (skin-on) almonds
1	egg white
2 cups	granulated sugar
12	egg yolks
4 tsp	grated lemon zest
1 cup	lemon juice
1 cup	cold butter, cubed
⅓ cup	amaretto liqueur
18	ladyfingers (about 4 inches/ 10 cm long)
1	tub (475 g) mascarpone cheese
2 cups	icing sugar
1 tsp	vanilla
2½ cups	whipping cream (35%)

Toss almonds with egg white to coat; stir in ¼ cup of the granulated sugar until well combined. Spread on parchment paper-lined rimmed baking sheet. Bake in 350°F (180°C) oven, stirring once, until light golden, about 12 minutes. Let cool on sheet. (*Make-ahead: Store in airtight container for up to 2 days.*)

While almonds are baking, in large heatproof bowl, whisk together egg yolks, 1½ cups of the granulated sugar, the lemon zest and lemon juice. Place bowl over saucepan of simmering water; cook, stirring, until thick enough to coat back of spoon, about 12 minutes. Remove from heat; stir in butter, 1 tbsp at a time. Strain through fine-mesh sieve into clean bowl. Place plastic wrap directly on surface. Refrigerate until curd is thick enough to mound firmly on spoon, about 1 hour. (*Make-ahead: Refrigerate for up to 2 days.*)

While lemon curd is chilling, in saucepan, cook remaining granulated sugar with ¼ cup water over medium

heat, stirring, until sugar is dissolved. Remove from heat; let cool completely. Stir in amaretto. Quickly dip both sides of ladyfingers in amaretto mixture; arrange in single layer in 13- x 9-inch (3 L) baking dish.

In large bowl, beat together mascarpone, icing sugar and vanilla until smooth. In separate bowl, beat 1½ cups of the cream until stiff peaks form; fold into mascarpone mixture. Spoon mixture over ladyfingers, spreading to edges. Spread lemon curd evenly over top. Cover and refrigerate for 12 hours. (*Make-ahead: Refrigerate for up to 24 hours. Let stand at room temperature for 10 minutes before continuing with recipe.*)

In bowl, beat remaining cream until stiff peaks form. Spoon over lemon curd, leaving border of curd. Sprinkle with almonds.

PER EACH OF 20 SERVINGS: about 535 cal, 8 g pro, 37 g total fat (20 g sat. fat), 44 g carb (1 g dietary fibre, 36 g sugar), 222 mg chol, 121 mg sodium, 143 mg potassium. % RDI: 11% calcium, 9% iron, 32% vit A, 10% vit C, 14% folate. ●

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BY RHEANNA KISH
& THE TEST KITCHEN



Roast Pork Tacos With
Apple Cucumber Salsa,
p. 104

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Roast Turkey and Caramelized Onion Fusilli



ROAST PORK TACOS WITH APPLE CUCUMBER SALSA

Hands-on time: 25 minutes

Total time: 25 minutes

Makes: 4 servings

Make this quick version of Mexican carnitas (braised pork tacos) with leftover roast pork. Slice the pork as thinly as you can, then coarsely chop or shred it into bite-size pieces. Use your sharpest, thinnest chef's knife for the job.

Apple Cucumber Salsa:

1	apple, cored and diced (about 1⅓ cups)
¾ cup	diced seeded cucumber
1	green onion, thinly sliced
half	jalapeño pepper, seeded and finely diced
¼ cup	chopped fresh cilantro
2 tbsp	lime juice
1 tbsp	vegetable oil
pinch	salt

Tacos:

1 tbsp	vegetable oil
1	onion, thinly sliced
2	cloves garlic, thinly sliced
1 tsp	ancho chili powder or chipotle chili powder
1 tsp	each ground cumin and ground coriander
¼ tsp	each salt and pepper
2 cups	thinly sliced roast pork, chopped or shredded
8	soft corn tortillas (6 inches/15 cm), heated

Apple Cucumber Salsa: In bowl, stir together apple, cucumber, green onion, jalapeño pepper, cilantro, lime juice, oil and salt. Set aside.

Tacos: In large nonstick skillet, heat oil over medium heat; cook onion and garlic, stirring occasionally, until softened, about 4 minutes. Add chili powder, cumin, coriander, salt and pepper; cook, stirring, for 2 minutes.

Stir in pork and ½ cup water; bring to boil. Reduce heat and simmer, stirring, until heated through, 3 to 5 minutes. Serve in tortillas; top with salsa.

PER SERVING: about 412 cal, 24 g pro, 17 g total fat (3 g sat. fat), 39 g carb (4 g dietary fibre, 6 g sugar), 51 mg chol, 486 mg sodium, 416 mg potassium. % RDI: 7% calcium, 17% iron, 4% vit A, 13% vit C, 6% folate.

ROAST TURKEY AND CARAMELIZED ONION FUSILLI

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

A box of fusilli, a handful of herbs and a few pantry ingredients turn last night's roast turkey into tonight's fresh and easy main. Sweet caramelized onions and a touch of broth coat this quick pasta, which features a zesty dressing that's tossed in at the last minute.

½ cup	chopped fresh parsley
1 tbsp	capers, drained, rinsed and chopped
1	small clove garlic, finely grated or pressed
6½ tsp	extra-virgin olive oil
1 tsp	grated lemon zest
1 tsp	lemon juice
375 g	fusilli
2	onions, sliced
1 tsp	white wine vinegar
pinch	each granulated sugar, salt and pepper
2 cups	shredded skinless roast turkey or chicken (white or dark meat)
¾ cup	sodium-reduced chicken broth

In small bowl, stir together parsley, capers, garlic, 2 tsp of the oil, the lemon zest and lemon juice. Set aside.

In large saucepan of boiling salted water, cook pasta according to package instructions. Reserving ½ cup of the cooking liquid, drain. Set aside.

While pasta is cooking, in large nonstick skillet, heat remaining oil over medium heat; cook onions, stirring occasionally, until softened and golden, 12 to 15 minutes. Add vinegar, sugar, salt and pepper; cook, stirring, for 2 minutes. Add turkey and broth; cook, stirring occasionally, until heated through, about 3 minutes.

Stir in pasta and reserved cooking liquid, tossing to coat. Stir in parsley mixture.

PER SERVING: about 559 cal, 33 g pro, 13 g total fat (2 g sat. fat), 76 g carb (4 g dietary fibre, 4 g sugar), 48 mg chol, 558 mg sodium, 414 mg potassium. % RDI: 5% calcium, 34% iron, 6% vit A, 23% vit C, 106% folate.



PHILLY MAKES THE TART GROW FONDER

Proudly inspired by a recipe from MasterChef Canada.

Philly Phyllo Cheesecake Tarts

- 2 pkg. (250 g each) **Philadelphia** Brick Cream Cheese, softened
- 4 sheets frozen phyllo dough, thawed
- 2 Tbsp. butter, melted
- 1/4 cup sugar
- 2 cups **Cool Whip** Whipped Topping, thawed
- 1 cup canned cherry pie filling

HEAT oven to 350°F.

STACK phyllo sheets, brushing butter between each layer. Cut into 24 (3x3½-inch) rectangles. Press 1 rectangle into each of 24 muffin cups sprayed with cooking spray.

BAKE 8 to 10 min. or until golden brown. Cool.

BEAT cream cheese and sugar with mixer until blended. Stir in Cool Whip. Spoon evenly into phyllo cups; top with pie filling.

REFRIGERATE for 10 min.

MAKE AHEAD: the phyllo cups can be baked ahead of time. Store in airtight container at room temperature for up to 24 hours. Fill as directed just before serving.

VARIATION CITRUS: add the zest and juice of 1 lemon. Prepare cream cheese filling as directed, adding lemon juice with the sugar. Sprinkle tarts evenly with lemon zest before serving.

VARIATION MAPLE WALNUT: prepare cream cheese filling as directed, adding ¼ cup maple syrup with the sugar. Top each tart with ½ tsp. chopped toasted walnuts and a drizzle of maple syrup before serving.



ROAST LAMB TURKISH PIZZAS

Hands-on time: 45 minutes

Total time: 1 hour

Makes: 4 to 6 servings

Inspired by a popular Turkish flatbread pizza, this dish cleverly uses leftover roast lamb instead of the traditional topping of ground lamb. The savoury garlic sauce adds creaminess in place of cheese; double the recipe and use the extra as a salad dressing, if you like.

Creamy Garlic Sauce:

¼ cup plain Balkan-style yogurt
2 tbsp light mayonnaise
2 tsp olive oil
1 small clove garlic, finely grated or pressed
pinch each salt and pepper

Pizza:


2 tbsp olive oil
1 onion, finely diced
half sweet red pepper, finely diced
2 cloves garlic, minced
2 plum tomatoes, seeded and diced
¼ tsp each salt and pepper
650 g prepared pizza dough
2 cups diced roast lamb
⅓ cup torn fresh mint

Creamy Garlic Sauce: In small bowl, whisk together yogurt, mayonnaise, oil, garlic, salt and pepper. Set aside. (*Make-ahead: Refrigerate in airtight container for up to 3 days.*)

Pizza: In saucepan, heat oil over medium heat; cook onion, red pepper and garlic, stirring often, until softened and onions are lightly browned, 8 to 10 minutes. Add tomatoes, salt, pepper and 3 tbsp water; cook, stirring occasionally, until tomatoes are broken down and mixture is slightly thickened, 12 to 15 minutes. Remove from heat; let cool.

Divide dough in half. On lightly floured work surface, gently press and pull each half into 18- x 6-inch (45 x 15 cm) oval. Transfer to greased large baking sheet. Spread tomato mixture over crusts; sprinkle with lamb.

Bake on bottom rack of 475°F (240°C) oven, rotating sheet halfway through, until dough is puffed and golden, 15 to 18 minutes. Drizzle with garlic sauce and sprinkle with mint.

PER EACH OF 6 SERVINGS: about 521 cal, 23 g pro, 22 g total fat (6 g sat. fat), 55 g carb (4 g dietary fibre, 8 g sugar), 39 mg chol, 683 mg sodium, 472 mg potassium. % RDI: 14% calcium, 34% iron, 11% vit A, 57% vit C, 56% folate. 



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CRAVE MORE™



HAM AND NAPA CABBAGE STIR-FRY

Hands-on time: 15 minutes

Total time: 15 minutes

Makes: 4 servings

Easter ham is the start of this Asian-inspired stir-fry, but why wait for leftovers? Make this meal any time you like by using cooked deli ham. Serve over steamed rice or cooked noodles with a drizzle of soy sauce.

½ cup	sodium-reduced chicken broth
1 tbsp	cornstarch
1 tbsp	rice vinegar
2 tsp	liquid honey
½ tsp	five-spice powder
pinch	salt
2 tbsp	vegetable oil
3	green onions, sliced (white and green parts separated)
2	cloves garlic, thinly sliced

1 tbsp	minced fresh ginger
6 cups	coarsely chopped napa cabbage, (about half a head)
1¼ cups	thinly sliced fully cooked ham, cut in strips or shredded

In glass measure or small bowl, whisk together broth, cornstarch, vinegar, honey, five-spice powder, salt and ¼ cup water. Set aside.

In wok or large nonstick skillet, heat oil over medium-high heat; stir-fry white parts of green onions, the garlic and ginger for 1 minute. Add cabbage and ham; stir-fry until cabbage is tender-crisp, about 3 minutes.

Stir in broth mixture; bring to boil. Cook, stirring, until coated and sauce is thickened, 1 to 2 minutes. Sprinkle with green parts of green onions.

PER SERVING: about 170 cal, 11 g pro, 10 g total fat (2 g sat. fat), 9 g carb (2 g dietary fibre, 4 g sugar), 25 mg chol, 691 mg sodium, 270 mg potassium. % RDI: 4% calcium, 11% iron, 3% vit A, 7% vit C, 19% folate. ●



APRICOT RIESLING WINE JELLY GLAZED HAM

INGREDIENTS

- 1 spiral-sliced ham, about 2.7 kg
- 1 jar PC® Black Label Apricot Riesling Wine Jelly

INSTRUCTIONS

Preheat oven to 325°F (160°C). Remove ham from packaging. Place bone side down in roasting pan. Cover pan tightly with foil. Bake ham in centre of oven for 30 minutes per kg, about 1 hour, 21 minutes. Remove ham from oven and discard foil. Increase oven temperature to 400°F (200°C). Meanwhile, bring jelly to a simmer in small saucepan set over medium-low heat; simmer for 5 minutes or until reduced by one-third and remove from heat. Drizzle glaze over ham. Return to oven; bake for 10 minutes or until glaze is slightly caramelized. Let ham stand for 5 minutes before carving.



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Certain packaged ingredients may contain allergens. Please read food labels carefully for hidden sources of gluten, dairy and nuts.

[V] = Vegetarian

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Take eggs from everyday to elegant with this timeless recipe from our 1987 archives. **BY THE TEST KITCHEN**

DEVILLED EGGS

Hands-on time: 15 minutes

Total time: 25 minutes

Makes: 12 pieces

- 6 eggs, hard-cooked and peeled
- ¼ cup mayonnaise
- ½ tsp dry mustard
- pinch each salt and pepper
- 1 tbsp each chopped fresh parsley and fresh chives

Halve eggs lengthwise. Using small spoon, scoop out yolks into bowl. Mash yolks with fork; stir in mayonnaise, mustard, salt and pepper until smooth. Stir in parsley and chives.

Using spoon or pastry bag fitted with plain tip, fill hollowed egg whites with egg yolk mixture.

PER PIECE: about 72 cal, 3 g pro, 6 g total fat (1 g sat. fat), trace carb (trace dietary fibre, trace sugar), 109 mg chol, 57 mg sodium, 35 mg potassium. % RDI: 1% calcium, 2% iron, 5% vit A, 2% vit C, 5% folate. ●

TIP FROM THE TEST KITCHEN

To hard-cook eggs, place them in a saucepan and add enough cold water to cover by at least 1 inch (2.5 cm). Bring to boil, then remove from heat, cover and let stand for 10 minutes. Drain and rinse under cold water until cool; drain again.

We rediscovered the recipe in the pages of this classic cookbook. It's one of our favourites!



The filling for this nostalgic dish is traditionally piped with a star tip. We used a plain tip for a modern look.

PHOTOGRAPHY: FRED BIRD (BELOW RIGHT), JEFF COULSON (LEFT).
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